

A Closet for Ladies

To quench ones thirst.

TAKE the roots of Lovage : wash it cleane : stampe it, and temper it with water : drinke a good draught of it five nights together, and drinke not in two houres after it.

For one that speakes in his sleep.

TAKE Southernwood, and temper it with Wine, and let the diseased drinke thereof in the morning, and when he goes to bed.

*For a woman that hath too much
of the Flowers.*

TAKE the foot of a Hare : burne it to powder, and drinke thereof with red Wine and Cinamon first and last nine dayes, and it will help her.

FINIS.

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FINIS.

DELIGHTS

FOR

LADIES,

TO

ADORNE THEIR

Persons, Tables, Closets,
and Distillatories

WITH

Beauties, Banquets, Perfumes,
and Waters.

Reade, practise, and censure.

LONDON,

Printed by R.Y. and are to bee sold
by *James Boler*. 1635.

(2)



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To all true lovers of Art and Knowledge.

*Sometimes I write the forms of burning bals,
Supplying wants that were by woodfals wrought ;
Sometimes of tubs defended so by Art,
As fire in vain hath their destruction sought.
Sometimes I write of lasting Beverage,
Great Neptune and his pilgrims to content ;
Sometimes of food, sweet, fresh, and durable,
To maintain life, when all things else were spent.
Sometimes I write of sundry sorts of soyle,
Which neither Ceres nor her handmaids knew,
I write to all : but scarcely one beleeves (true.
Save Dive and Denshire, who have found them
When heavens did mourn in cloudy mantles clad,
And threatned famine to the sons of men :
When sobbing earth denied her kindly fruit
To painfull plowmen and his bindes ; even then
I writ, relieving remedies of dearth,
That art might help, where nature made a faile,*

The Epistle.

But all in vaine ; these new borne babes of Art.
In their untimely birth straightway do quaille.
Of those or such like other new-found skils,
With painfull pen I whilom wrote at large ;
Expecting still my Countries good therein,
And not respecting labour, time, or charge.
But now my pen and paper are perfume d,
I scorne to write with coppresse or with gall :
Barbaria's Canes are now become my quils :
Rose-water is the inke I write withall.
Of sweets, the sweetest I will now commend,
To sweetest creatures that the earth doth beare:
These are the Saints to whom I sacrifice,
Preserves & conserues both of plum and pear.
Empaling now adieu : tush, Marchpane wals
Are strong enough, and best besit our age.
Let piercing bullets turne to sugar bals,
The Spanish feare is husht, and all their rage.
Of Marmelade, and paste of Genua,
Of Musked-sugar I intend to write,
Of Leach, of Sucket, and Quidinia,
Affording to each Lady her delight.
I teach both fruits and flowers to preserve,
And candy them; so Nutmegs, Cloves, & Mace:
To make both Marchpane paste, & suger'd plate,
And cast the same in formes of sweetest grace.
Each bird and fowle so moulded from the life ;
And after cast in sweet compounds of Art,

The Epistle.

As if the flesh and forme which nature gave,
Did still remaine in every limbe and part.
When crySTALL frost hath nipt the tender grape,
And cleane consum'd the fruits of every vine,
Yet here behold the clusters fresh and faire,
Tied from the branch, or hanging on the line.
The walnut, smalnut, and the chesnut sweet,
Whose sugred kernels lose their pleasing taste,
Are here from yeere to yeere preserved meet,
And made by Art with strongest fruits to last.
The Artichoke, and th' Apple of such strength,
The Quince, Pomgranate, with the Barbary:
No sugar us'd, yet colour, taste, and smell,
Are here maintain'd, and kept most naturally.
For Ladies closets, and their distillatories,
Both waters, oyntments, and sweet smelling bals,
In easie termes, without affected speech,
I here present most ready at their calls.
And lest with carefull pen I should omit,
The wrongs that nature on their persons wrought,
Or, parching Sunne with his looser raies,
For these likewise relieving meanes I sought.
No idle thoughts, or vaine surmised skill,
By fancy fram'd within a theoreticall braine,
My Muse presents unto your sacred eares;
To win your favours falsly, I disdain.
From painfull practice, from experience,
If sound, though costly, mysteries derive.

The Epistle.

*With fiery flames in scorching Vulcan's Forge,
To teach and fine each Secret, I do strive.
Accept them well, and let my wearied Muse
Repose her selfe in Ladies laps awhile.
So, when she wakes, she haply may record
Her sweetest dreams in some more pleasing stile.*

H. P. L. A. T.

The Table.

Good Reader, for the understanding of this Table, know, that a, b, c, d, doe give directions unto the foure severall parts or treaties of this Booke: (a) for the first, the rest in their order.

A

A Nula Campana rootes preserved a. 1

Almonds in leach a. 27

Almond butter, to make a. 57

Almonds into gelly a. 58

Aligar distilled b. 16

Apples kept dry all the yeere a. 47

Aqua rubea b. 7

Aqua composita of D. Stevens b. 8

Artichokes kept long a. 69

B

B Ags sweet to lye among linnen d. 35

Ball to take out staines d. 3

Ball to wash with d. 8

Balme water b. 5

Beaumanger c. 11

Beefe roasted kept long c. 18

A 4

Beefe

The Table.

Beefe powdered, kept long without charge	c.19
Beefe fresh at the sea	c.20
Beauty for the face	d.7,14
Bisket bread, or French bisket	a.19
Bisket called Prince Bisket	a.20
Bisket called Bisketello	a.21
Bloud of herbs	b.22
Borage candied	a.11
Bottling of Beere truely	27 c.7
Bottles musty helped	c.28
Bottle Ale most excellent	c.32
Brawn to eate, tender & delicate	c.13
Broom capers preserved	a.37
Broyling without smoke	c.26
Bruise helped	d.24
Butter tasting of spice or flowers	a.21

C

C Akes sweet without spices or sugar	a.6
Candying of flowers	a.9,53
Candying in rock candy	a.33,42
Candying of Oren e pils	a.35
Candles for Ladies Tables	c.39
Candles	

The Table.

out	Candles hanging in the ayre	c.40
.19	Capers of broom preserved	a.37
.20	Capon boyled in white broth	c.5
.14	Casting in sugar plate	a.13
.19	Casting of sugar in party moulds	a.43
.20	Casting and moulding of fruit	a.44
.21	Cherries preserved	a.8
.22	Cherry pulp kept dry all the yeer	a.45
.11	Cherries dried in the Sun	a.46
.7	Cheese extraordinary	c.22
.28	Chestnuts kept long	a.73
.32	Chilblanes helped	a.15
.13	Chine of veale or chicken boiled	c.10
.37	Cinamon-water	b.10
.26	Collis white, and like gelly	a.55
.24	Comfits of all sorts	a.54
.21	Conserves of prunes or dāsons	a.50, 51
	Conserve of Strawberries	a.51
.11	Cowcumbers preserved	a.36
.6	Cowslip paste	a.40
.3	Cowslip-water, or Vinegar of the co-	
.2	lour of the Cowslip	a.34
.5	Cray-fish kept long	c.35
.9	Creame clowted	c.23
.23		
	A 5	Damaske

The Table.

D

D Amaske powder	d.19
Damsons in Marmelade	a.31
Damson pulp kept all the yeere	a.45
Damsons in conserve	a.50,52
Dentifrices for the teeth	d.26
Distillation of herbes in a new manner	b.11
Drying of fruits in the Sun	a.46

E

E Glantine water	b.20
Eringo roots preserved	a.1
Extract of vegetables	b.19

F

F Ace spotted or freckled, to helpe	d.6,23
Face made faire	d.7.14
Face full of heat, helped	d.11,16,17, 18,19,20,31
Face kept white and cleere	d.13
Fish into paste	c.14
Fish fryed, kept long	c.17
Flesh kept sweet in Summer	c.24
Flies kept from oyle peeces	c.30
Flounder	

The Table.

Flounder boyled on the French fashi-	
on	c.3
Flowers preserved	a.7
Flowers candied	a.9,11
Flowers in rocke candy	a.42
Flowers dryed without wrinkling	a.63
Fruit preserved	a.8
Fruit how to mould and cast	a.44
Fruit kept dry all the yeere	a.45,46,
	47
Fruit kept long fresh	a.70
G	
Gelly chrySTALLINE	a.26
Gelly of fruits	a.29
Gelly of Almonds	a.58
Gilliflowers kept long	a.61
Gilliflowers preserved	a.7
Gilliflower water	b.20
Ginger-bread	a.22
Ginger-bread dry	a.23
Ginger in rock candy	a.33,42
Ginger green in sirup	a.49
Ginger candied	a.53
Gloves	

The Table.

Gloves to perfume	d.34
Goose-berries preserved	a.8
Grapes growing all the yeere	a.62
Grapes kept till Easter	a.64

H

H And-water excellent	d.2,28
Hands stained, to help	d.5
Hands freckled, to help	d.6
Hand-water of Scotland	b.21
Haskell nuts kept long	a.72
Haire black altered	d.30,37
Haire made yellow	d.36
Herbs distilled in a new manner	b.11
Herbs to yeeld salt	b.12
Herbs to yeeld bloud	b.22
Honey to yeeld spirit	b.13

I

I Rish-Aqua vitæ	b.9
Iffop distilled in a new manner	b.11
Juyce of Orenge or Lemmons kept all the yeere	c.35
Jumboles to make	a.16

L

L Arkes to boyle	c.4
	Lavender

The Table.

Lavender distilled in a new manner
b. 11

Leach of Almonds
a. 27

Leach
a. 59

Legge of Mutton boiled after the
French fashion.
c. 7

Lemmons in Marmelade
a. 41

Lemmon moulded and cast
a. 44

Lemmon-juice kept all the yeer
c. 32

Lettuce in sucket
a. 22

Liquorice paste
a. 40

Lobsters kept long
c. 1

M

Mace in rock candy
a. 42

Mallard to boile
c. 6

Marchpane paste
a. 12, 18

Marigolds preserved
a. 7

Marigolds candied
a. 9, 11

Marigold paste
a. 40

Marmelade of quinces or dāsons
a. 30

Marmelade of Lemmons or Orenge
a. 41

May-dew clarified
a. 33

Morphew helped
d. 21, 22

Mulberries

The Table.

Mulberries in gelly	a.29
Muske sugar	a.2
Mustard meale	c.25
Mustinesse helped or prevented in waters	b.24

N

Nutmegs in rock candy	a.33.43
Nutmegs candied	a.34
Nuts moulded and cast off	a.44
Nuts kept long	a.72

O

Oranges preserved	a.34
Orange pils candied	a.35
Oranges in Marmelade.	a.41
Orange moulded and cast off	a.44
Orange juice kept all the yeere	c.35
Oysters kept long	c.15

P

Paste of flowers	a.14.40
Paste of Novie	a.15
Paste to keep one moist	a.17
Paste called puffle paste	a.24
Paste short without butter	a.23
Paste of Genua of Quinces	a.30
Paste	

The Table.

1.29	Paste of fish	c. 14	8
a.2	Pearre moulded and cast off	a.44	
.25	Peares kept dry	a.47	
in	Perfumes delicate, and sodainly made	d.31	
.24	Perfuming of gloves	d.34	
43	Pickrel boiled on the French fashion	c.3	
34	Pigeons of sugar paste	a.10	
44	Pigeons boiled with Rice	c.9	
72	Pigge to fowse	c.1,2	
34	Pigs petitoes boiled after the French fashion	c.8	
25	Plums preserved	a.8	
41	Plums dryed in the Sunne	a.46	
4	Pomander to make	d.4	
5	Pomander renewed	d.32	
5	Pomatum most excellent for the face	d.13	
0	Pomegranats kept long	a.68	
7	Preserving of roots	a.1	
4	Preserving of Cowcumbers	a.36	
0	Prunes in conserve	a.50,52	
0	Pulp of fruit kept all the ycere	a.45	
2	Quidinia		

The Table.

Q uidinia of Quinces	a.28
Quinces into paste of gennia	a.30
Quinces in Marmelade	a.32
Quinces kept dry all the yeere	a.47
Quinces kept long	a.67

R

R abbets of sugar paste	a.10
Raspices in gelly	a.19
Roots preserved	a.1
Roots candied	a.53
Rosa solis to make	b.6
Rosemary flowers candied	a.9
Rose-leaves to dry	a.36
Rose sirup	a.5
Roses preserved	a.7
Roses and Rose-leaves candied	a.9, 11
Rose paste	a.40
Roses kept long	a.61
Rose-leaves dryed without wrinkles	a.63
Rosewater distil'd at Michaelmas	b.14
Rosewater distilled in a speedy manner	b.15
Rose-	

The Table.

	Rose-water most excellent	b. 18
a. 28	Rose-water, and yet the Rose-leaves	
o. 30	not discovered	b. 23
o. 32	Rose-water and oyle drawn together	
o. 47		b. 25
o. 67	Rose-water of the colour of the Rose	
		c. 34
o. 10	Rose-vinegar of the colour of the	
o. 29	Rose	c. ib.
a. 1	Rose-vinegar made in a new manner	
o. 53		c. 41

S

o. 9	S allet oyle purified and graced in	
o. 36	taste and smell	c. 36
o. 5	Salmon kept long fresh	c. 16
o. 7	Salt of herbes	b. 12
o. 1	Salt delicate for the table	c. 38
o. 0	Sawfedges of Polonia	c. 14
o. 1	Sirup of Violets	a. 4
o. 5	Sirup of Roses	a. 5
o. 7	Sparrowes to boile	c. 4
o. 1	Spirit of wine extraordinary	b. 1
o. 2	Spirit of wine ordinary	b. 2
o. 3	Spirits of spices	b. 3
		Spirit

The Table.

Spirit of wine tasting of any vegetable	b.4
Spirit of honey	b.13
Spirit of herbs and flowers	b.17
Skin white and cleere	d.2
Sun-burning helped	d.22
Stove to sweat in	d.27
Strawberries in gelly	a.29
Strawberries in conserve	a.51
Sucket in Lettice stalkes	a.32
Sucket of green Walnuts	a.49
Sugar muske	a.2
Sugar paste for fowle	a.10
Sugar plate to cast in	a.13
Sugar plate of flowers	a.14
Sugar plate to colour	a.38
Sugar cast in party moulds	a.43
Suger smelling & tasting of the clove or cinamon	a.71

T

T Eale to boile	c.6
Teerh kept white & sound	d.10
	15,16
Thyme distilled in a new maner	b.11
Trosses	

The Table.

Troffes for the Sea a.39

V

VInegar distilled b.16

Vinegar to clarifie c.37

Violet sirup a.4

Violet paste a.40,41

Violet water, or vinegar of the colour
of the Violet c.34

Usquebath b.9

W

WAsers to make a.56

Walnuts in sucket a.49

Walnuts kept fresh long a.65,66

Wardens kept dry all the yeere a.47

Washing water sweet b.21.d.2,28,
29

Whites of eggs broken speedily c.29

Widgen to boile c.6

Wine, tasting of Wormwood, made
speedily c.33

Y

YTch helped d.25

FINIS.

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The Art of Preserving, Conserving, Candy- ing, &c.

1. *How to preserve Eringo roots, Æ-
nula Campana, and so of others
in the same manner.*

S Eethe them till they bee
tender; then take away
the piths of them, and
leave them in a colander,
till they have dropped as much as
they will: then having a thinne
sirup ready, put them, being cold,
into the sirup being also cold, and
let them stand so three dayes,
then boile the sirup (adding some
more fresh sirup to it, to supply that
which the rootes have drunke up) a
little higher, and at three daies end,
boile the sirup againe without any
new addition, unto the full height
of a preserving sirup, and put in your
rootes, and so keep them. Roots
preserved

The Art of preserving,

preserved in this manner, will eate very tender, because they never boyled in the sirup.

2. How to make Musk Sugar of common Sugar.

BRuise 4. or 6. graines of Muske ; place them in a peece of Sarce-net, fine Lawne or Cambricke doubled : lay this in the bottome of a gally pot, strewing your Sugar thereon : stop your pot close, and all the Sugar in a few dayes will both sent and taste of Muske ; and you may lay more Sugar thercon, when you have spent that Sugar which will also receive the like impression. Such Musk-sugar is sold for two shillings the pound.

3. How to dry Rose-leaves in a most excellent manner.

VVHen you have newly taken out your bread, then put in

Conseruing, candying, &c.

in your Roses in a sieve, first clipping away the whites, that they may bee all of one colour: lay them about one inch in thickeſſe in the ſieve; and when they have ſtood halfe an houre, or thereabout, they will grow whitish on the top: let them yet remaine without ſtirring, till the uppermoſt of them bee fully dried; then ſtirre them together, and leave them about one other halfe houre; and if you finde them dry in the top, ſtirre them together againe, and ſo continue this worke, untill they bee thorowly dried: then put them hot as they are, into an earthen pot, having a narrow mouth, and being well leaded within (the Refiners of gold and ſilver call theſe pots Hookers:) ſtop it with corke and wet parchment, or with waxe & roſin mixed together; and hang your pot in a chimney, or neere a continuall fire, and ſo they will keep exceeding faire in colour, and moſt delicate in ſent. And if
you

The Art of preserving,

you feare their relenting, take the Rose-leaves about Candlemas, and put them once againe into a sieve, stirring them up and downe often till they bee dry; and then put them up againe hot into your pot.

Note, that you must set up your Oven-lid, but not lute it about when you set in your rose-leaves, either the first or second time. *Post, numero 6.*

*4. A most excellent sirup of Violets,
both in taste and tincture.*

EXpresse the juice of clipt Violets, and to three parts of juice take one fourth part of conduit water: put the same into an Alabaster mortar, with the leaves which you have stamped, and wring the same out thorow a cloth, as you did at the first, into the other juice: put thereto a sufficient proportion of the finest Sugar

Conserving, candying, &c.

ger, and brought also into a most fine powder: let the same stand ten or twelve houres in a cleane glased earthen pan: then draine away the clearest, and put it into a glasse, and put thereto a few drops of the juice of Lemmons, and it will become cleere, transparent, and of the violet colour. Then you may expresse more juice into the sugar, which will settle in the bottome, with some of the thickest part of the juice: and beating the same upon a gentle fire, it will also become a good sirup of violets, but not comparable to the first. By this manner of worke you gaine one quarter of sirup more than divers Apothecaries do.

*5. A singular manner of making
the sirup of Roses.*

FILL a silver bason three quarters full of rain-water or rose-water; put therein a convenient proportion

B

of

The Art of preserving,

of Rose-leaves : cover the bason, and set it upon a pot of hot water (as we usually bake a custard :) in 3. quarters of an houre, or one whole houre at the most, you shall purchase the whole strength and tincture of the rose : then take out those leaves, wringing out all their liquor gently, and steepe more fresh leaves in the same water : continue this iteration seven times, and then make it up in a sirup: and this sirup worketh more kindly than that which is made meerly of the juice of the Rose. You may make sundry other sirups in this manner. *Quere* of hanging a pewter head over the bason, if the ascending water will bee worth the keeping.

*6. Another way for the drying of
Rose-leaves.*

DRy them in the heat of a hot sunny day upon a Leads, turning them

Conserving, candying, &c.

them up and downe till they bee dry
(as they doe hay): then put them up
into glasses wel stopt and luted, kee-
ping your glasses in warme places;
and thus you may keepe all flowers:
but herbs, after they are dried in
this manner, are best kept in paper
bags, placing the bags in close cup-
boards:

*7. How to preserve whole Roses,
Gilliflowers, Mari-
golds, &c.*

DIp a Rose, that is neither in the
bud, nor overblowne, in a sirup,
consisting of sugar double refined, &
Rose water boiled to his full height;
then open the leaves, one by one,
with a fine smooth bodkin, either
of bone or wood; and presently, if it
be a hot sunny day, and whilest the
Sunne is in some good height, lay
them on papers in the Sun, or else
dry them with some gentle heat in

The Art of preserving,

a close roome, heating the roome before you set them in ; or in an oven upon papers, in pewter dishes : and then put them up in glasse, and keep them in dry cupboards neere the fire : you must take out the seeds, if you meane to eate them. You may prove this, preserving with sugar-candy in stead of sugar, if you please.

8. *The most kindly way to preserve
plums, cherries, goos-
berries, &c.*

YOU must first purchase some reasonable quantity of their owne juice, with a gentle heat, upon embers, in pewter dishes, dividing the juice still as it commeth in the stewing : then boile each fruit in his owne juice, with a convenient proportion of the best refined sugar.

Conserving, candying, &c.

9. *How to candy Rosemary-flowers,
Rose leaves, Roses, Marigolds, &c.
with preservation of colour.*

Dissolve refined or double refined sugar, or sugar-candy it selfe, in a little Rose-water: boile it to a reasonable height: put in your roots or flowers when your sirup is either fully cold, or almost cold; let them rest therein till the sirup have pierced them sufficiently: chen take out your flowers with a skimmer, suffering the loose sirup to runne from them so long as it will: boile that sirup a little more, and put in more flowers, as before; divide them also: then boile all the sirup which remaineth, and is not drunke up in the flowers, to the height of *Manus Christi*, putting in more sugar, if you see cause, but no more Rose-water; put your flowers therein when your sirup is cold or almost cold, and let them stand till they candy.

The Art of preserving,

10. *A most delicate and stiffe sugar paste, whereof to cast Rabbits, Pigeons, or any other little bird or beast, either from the life or carved moulds.*

First, dissolve Isinglasse in faire water, or with some Rose-water in the later end : then beat blanchd almonds, as you would for march-pane stuffe, and draw the same with creame and Rose-water (milke will serve, but creame is more delicate) : then put therein some powdered sugar ; into which you may dissolve your Isinglasse, being first made into gelly, in faire warme water (note, the more Isinglasse you put therein, the stiffer your worke will prove) : then having your rabbits, woodcocks, &c. molded, either in plaister from life, or else carved in wood (first annointing your wooden moulds with oyle of sweet almonds, & your plaister or stone moulds with barrowes grease) poure your sugar paste thereon.

A

Conserving, candying, &c.

A quart of cream, a quaterne of almonds, two ounces of Icinglasse, and foure or six ounces of sugar is a reasonable good proportion for this stuff. *Quere* of moulding your birds, rabbits, &c. in the compound wax, mentioned in my *Jewell house*, in the title of the *Art of moulding and Casting*, page 60. For so your moulds will last long.

You may dredge over your fowle with crums of bread, cinamon and sugar boiled together and so they will seeme as if they were roasted and breaded. Leach and gelly may bee cast in this manner.

This paste you may also drive with a fine rowling pin, as smooth and as thinne as you please: it lasteth not long, and therefore it must bee eaten within a few dayes after the making thereof. By this meanes a banquet may bee presented in the forme of a supper, being a very rare and strange device.

The Art of preserving,

11. *To candy Marigolds, Roses, Borage, or Rosemary-flowers.*

BOile Sugar & Rose-water a little upon a chafingdish with coales; then put the flowers (being thorowly dried, either by the Sun, or on the Fire) into the sugar, and boile them a little: then strew the powder of double refined sugar upon them, and turne them, and let them boile a little longer, taking the dish from the fire: then strew more powdered sugar on the contrary side of the flowers. These will dry of themselves in two or three houres in a hot sunny day, though they lye not in the Sunne.

12. *To make an excellent Marzipane paste to print off in moulds for banquetting dishes.*

TAke to every Jordan Almond blanchèd, three spoonfulls of the

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the whitest refined sugar you can get : searce your sugar, and now and then, as you see cause, put in two or three drops of damaske Rose-water : beate the same in a smooth stone mortar, with great labour, untill you have brought it into a dry stiffe paste : one quarterne of sugar is sufficient to worke at once.

Make your paste in little bals, every ball containing so much by estimation as will cover your mould or print : then roule the same with a rowling pin upon a sheet of cleane paper, without strewing any powdered sugar either upon your paste or paper.

There is a countrey Gentlewoman whom I could name, which venteth great store of sugar-cakes made of this composition. But the only fault which I find in this paste, is, that it tasteth too much of the sugar, and too little of the almonds : and therefore you may prove the making thereof by such almonds

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which have had some part of their oyle taken from them by expression, before you incorporate them with the sugar: and so happely you may mixe a greater quantity of them with the sugar, because they are not so oily as the other.

You may mixe cinamon or ginger in your paste, and that wil both grace the taste, and alter the colour; but the spice must passe thorow a faire searce: you may steep your almonds in cold water all night, and so blanch them cold: and being blanched, dry them in a sieve over the fire. Here the garble of almonds will make a cheap paste.

13. The making of sugar-plate, and casting thereof in carved moulds.

TAKE one pound of the whitest refined or double refined Sugar, if you can get it: put thereto three ounces (some Comfit-makers put

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put sixe ounces for more gaine) of the best starch you can buy; and if you dry the Sugar after it is powdered, it will the sooner passe thorow your Lawne Searce. Then searce it, and lay the same on a heap in the midst of a sheet of cleane paper: in the middle of which masse, put a pretty lump of the bigness of a walnut of gumme dragagant, first steeped in Rose-water one night: a porenger full of Rose-water is sufficient to dissolve one ounce of gum (which must first bee well picked, leaving out the drosse:) remember to straine the gumme thorow a canvas: then, having mixed some of the white of an egge with your strained gumme, temper it with the sugar betwixt your fingers by little and little, till you have wrought up all the Sugar and the Gumme together into a stiffe paste; and in the tempering, let there bee alwaies some of the sugar between your fingers and the Gumme: then dust
your

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your wooden moulds a little with some of that powdered Sugar throw a piece of Lawne, or fine linnen cloth : and having driven out with your rowling pinne a sufficient portion of your paste to a convenient thicknesse, cover your mould therewith, pressing the same downe into every hollow part of your mould with your fingers : and when it hath taken the whole impression, knocke the mould on the edge against a table, and the paste will issue forth, with the impression of the mould upon it: or, if the mould bee deepe cutte, you may put the point of your knife gently into the deepest parts here and there, lifting up by little and little the paste out of the mould.

And if, in the making of this paste, you happen to put in too much gum, you may put more sugar thereto, and if too much sugar, then more gum: you must also worke this paste into your moulds as speedily as you
can

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can after it is once made. and before it harden : and if it grow so hard that it cracke, mixe more gum therewith: cut away with your knife from the edges of your paste, all those pieces which have no part of the worke upon them, and worke them up with the paste which remaineth : and if you will make sawcers, dishes, bowles, &c. then (having first driven your paste upon paper, first dusted over with sugar to a convenient largenesse and thicknesse) put the paste into some sawcer, dish, or bowle of a good fashion, and with your finger presse it gently downe to the insides thereof, till it resemble the shape of the dish, then pare away the edges with a knife even with the skirt of your dish or sawcer, and set it against the fire, till it be dry on the inside : then with a knife get it out, as they use to doe a dish of butter, and dry the backside : then gild it on the edge with the white of an egge laid round about

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about the brimme of the dish with a pencill, and presse the gold downe with some cotton; and when it is dry, skew or brush off the gold with the foot of a Hare or Cony. And if you would have your paste exceeding smooth, as to make cards and such like conceits thereof; then roule your paste upon a sliced paper with a smooth and polished rowling pin.

14. *A way to make sugar-plate both of colour, and taste of any flower.*

TAKE violets, and beate them in a mortar with a little hard sugar, then put into it a sufficient quantity of Rose-water: then lay your gum in steep in the water, and so worke it into paste, and so will your paste be both of the colour of the violet, and of the smell of the violet. In a like sort may you worke with Marigolds, Cowslips, Primroses, Buglosse, or any other flower.

15. *To*

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15. To make paste of Novie.

TAKE a quarter of a pound of valentian almonds, otherwise called the small almonds, or Barbary almonds, and beat them in a mortar till they come to paste: then take stale manchet being grated, and dry it before the fire in a dish: then sift it: then beat it with your almonds: put, in the beating of it, a little cinnamon, ginger, and the juice of a lemon; and when it is beaten to perfect paste, print it with your moulds, and so dry it in an oven after you have drawne your bread: this paste will last all the year.

16. To make Jumbolls.

TAKE halfe a pound of almonds, being beaten to paste, with a short cake being grated, & two eggs, two ounces of carroway seeds, being
beaten

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beaten, and the juice of a Lemmon :
and being brought into paste , 'roule
it into round strings : then cast it
into knots, and so bake it in an oven:
and when they are baked , yce them
with Rose-water and Sugar, and the
white of an egge being beaten to-
gether , then take a feather and gild
them, then put them againe into the
oven , and let them stand in a little
while, and they will bee yced cleane
over with a white yce : and so boxe
them up , and you may keepe them
all the yeere.

*17. To make a paste to keepe you moist,
if you list not to drinke oft ; which
Ladies use to carry with them when
they ride abroad.*

TAKE halfe a pound of Damaske
prunes , and a quartern of dates :
stone them both, and beate them in a
mortar with one warden being roa-
sted , or else a slice of old marme-
ladé :

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laid: and so print it in your moulds, and dry it after you have drawne bread: put Ginger unto it, and you may serve it in a banquet.

18. To make a Marchpane.

TAKE two pound of Almonds, being blanch'd and dried in a sieve over the fire: beat them in a stone mortar; and when they bee small, mixe them with two pound of sugar being finely beaten, adding two or three spoonfulls of Rose-water, & that will keep your Almonds from oyling. When your paste is beaten fine, drive it thin with a rowling pin, and so lay it on a bottom of waxes: then raise up a little edge on the side, and so bake it: then ice it with Rose-water and Sugar: then put it into the oven againe; and when you see your ice is risen up and dry, then take it out of the oven, and garnish it with

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with pretty conceits, as birds and beasts, being cast out of standing moulds. Sticke long comfits upright in it: cast biskets and carrowaies in it, and so serve it: gild it before you serve it: you may also print off this March-pane paste in your moulds for banquetting dishes: and of this paste our Comfit-makers at this day make their letters, knots, Armes, Escocchions, beasts, birds, and other fancies.

19. To make bisket bread, otherwise called french bisket.

TAke halfe a pecke of fine flower, two ounces of coriander seeds, one ounce of anni-seeds, the whites of foure egges, halfe a pinte of Ale-yeast, and as much water as will make it up into stiffe paste; your water must be but bloud warme: then bake it in a long roule as big as your thigh: let it stay in the oven but one houre, and when it is a day old, pare

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pare it and slice it overthwart : then sugar it over with fine powdered sugar, and so dry it in an oven againe : and being dry, take it out, and sugar it againe : then box it, and so you may keepe it all the yeere.

20. To make prince-bisket.

TAKE one pound of very fine flower, and one pound of fine sugar, & eight egges, and two spoonfuls of Rose-water, and one ounce of Carroway seeds, and beat it all to batter one whole houre : for the more you beat it, the better your bread is : then bake it in coffins of white plate, being basted with a little butter before you put in your batter, and so keepe it.

21. To make another kinde of bisket called biskettello.

TAKE halfe an ounce of gummedragant, dissolved in Rose-water

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Rose-water with the juice of a lemon, and two graines of musk : then strain it thorow a faire linnen cloth, with the white of an egge : then take halfe a pound of fine sugar being beaten, and one ounce of Carroway seeds, being also beaten and searced : and then beat them all together in a mortar, till they come to paste ; then roule them up in small loaves about the bignesse of a small egge : put under the bottome of every one a piece of a wafer, and so bake them in an oven upon a sheet of paper ; cut them on the sides, as you do a manchet, and prick them in the midst : when you break them up, they will be hollow and full of eyes.

22 To make Ginger-bread.

TAke three stale manchets, and grate them : dry them, and sift them thorow a fine sieve : then adde
unto

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unto them one ounce of Ginger, being beaten, and as much Cinamon, one ounce of Liquorice and Anniseeds, being beaten together, and searced, halfe a pound of sugar: then boile all these together in a posnet, with a quart of claret wine, till they come to a stiffe paste, with often stirring of it, and when it is stiffe, mould it on a table, and so drive it thin, and put it in your moulds: dust your moulds with Cinamon, Ginger, and Liquorice, being mixed together in fine powder. This is your Ginger-bread used at the Court, and in all Gentlemens houses at festiyall times. It is otherwise called dry Leach.

23. To make dry Ginger-bread.

TAKE halfe a pound of Almonds, and as much grated cake, and a pound of fine sugar, and the yolkes of two new laid eggs, the juice of a
lemmon

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lemmon, and two grains of musk; beat all these together till they come to a paste: then print it with your moulds: and so dry it upon papers in an oven, after your bread is drawn.

24. To make puffle-paste.

TAke a quart of the finest flower, and the whites of three egges, and the yolks of two, and a little cold water, and so make it into perfect paste: then drive it with a rowling pin abroad; then put on small peeces of butter, as big as nuts, upon it; then fold it over; then drive it abroad againe; then put small peeces of butter upon it, as you did before; doe this ten times, alwaies folding the paste, and putting butter betweene every fold. You may convey any pretty forced dish, as Florentin, Cherry-tart, Rice, or Pippins, &c. betweene two sheets of that paste.

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25. To make paste short without butter.

TAKE a quart of fine flower, and put it into a pipkin, and bake it in an oven when you bake manchet; then take the yolkes of two or three egges, and a pinte of creame, and make paste; put into it two ounces of sugar being finely beaten, and so you shall make your paste short without butter or sewer. In like sort, when you make sugar-cakes, bake your flower first.

26. To make crySTALL gelly.

TAKE a knockle of Veale, and two calves feet (your calves feet being flayd and scalded) and boyle them in faire spring water; and when they are boyled, ready to eat, you may save your flesh, and not boyle it to peeces; for, if you doe so, the gelly will looke thicke; then take a quart of the clearest
of

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of the same broth, and put it into a posnet, adding thereunto Ginger, white pepper, sixe whole cloves, one nutmeg quartered, one graine of Muske; put all these whole spices in a little bag, and boile them in your gelly; season it with foure ounces of sugar-candy, and three spoonfuls of Rose-water; so let it run thorow your gelly-bag; and if you meane to have it looke of an amber colour, bruisse your spices, and let them boile in your gelly loose.

27. To make Leach of Almonds.

TAKE halfe a pound of sweet Almonds, and beat them in a mortar; then straine them with a pint of sweet milke from the cow; then put to it one grain of musk, 2. spoonfuls of Rose-water, two ounces of fine sugar, the weight of three whole shillings of Isinglasse that is very white,
an

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and so boile them; then let all runne thorow a strainer, then you may slice the same, and so serve it.

28. To make Quidinia of Quinces.

TAKE the kernels out of eight great Quinces, and boile them in a quart of spring water, till it come to a pint; then put into it a quarter of a pint of Rose-water, and one pound of fine sugar, and so let it boile till you see it come to be of a deep colour; then take a drop, and drop it on the bottome of a sawcer; and if it stand, take it off; then let it runne thorow a gelly bagge into a bason: then set on your bason upon a chafingdish of coales, to keep it warme; then take a spoone, and fill your boxes as full as you please, and when they bee cold, cover them: and if you please to print it in moulds, you must have moulds made to the bignesle of your boxe, and wet your moulds with Rose-water, and so let

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it run into your mould; and when it is cold, turne it off into your boxes. If you wet your moulds with water, your gelly will fall out of them.

29. *To make gelly of Straw-berries, Mulberries, Raspis-berries, or any such tender fruit.*

TAKE your berries, and grind them in an Alabaster Mortar, with foure ounces of Sugar, and a quarter of a pint of faire water, and as much Rese-water; & so boile it, in a posnet with a little peece of Isinglasse, and so let it run thorow a fine cloth into your boxes, and so you may keep it all the yeer.

30. *To make paste of Genua of Quinces.*

TAKE Quinces, and pare them, and cut them in slices, and bake them

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them in an Oven dry in an earthen pot, without any other juice than their owne : then take one pound thereof, straine it, and put it into a stone Mortar with halfe a pound of sugar ; and when you have beaten it up to paste, print it in your moulds, and dry it three or foure times in an Oven after you have drawne bread : and when it is thorowly dry and hardned, you may boxe it, and it will keep all the yeer.

*31. To make Marmelade of Quinces
or Damsons.*

VVhen you have boiled your Quinces or Damsons sufficiently, straine them : then dry the pulp in a pan on the fire ; and when you see there is no water in it, but that it beginneth to bee stiffe, then mixe two pound of sugar with three pound of pulp : this Marmelade will bee white Marmelade : and if you desire to have it looke with

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an high colour : put your sugar and your pulp together so soone as your pulp is drawne, and let them both boile together, and so it will looke of the colour of ordinary marmelade, like unto a stewed warden; but if you dry your pulp first, it will looke white, and take lesse sugar: you shall know when it is thick enough, by putting a little into a sawcer, letting it coole before you boxe it.

32. To make sucket of Lettice stalkes.

TAKE Lettice stalkes, and pill away the outside; then parboile them in faire water: then let them stand all night dry; then take halfe a pint of the same liquor, and a quarter of a pint of Rose-water, and so boile it to sirup; and when your sirup is betwixt hot and cold, put in your asoresaid roots, and let them stand all night in your sirup to make them take sugar, and then the
next

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next day your sirup will be weake againe : then boile it againe, and take out your roots. In the like sort may you keep Orenge pils, or greene Walnuts, or any thing that hath the bitternesse first taken from it by boiling in water.

33. To candy Nutmegs or Ginger with an hard rocke candy.

TAKE one pound of fine sugar, and eight spoonfuls of Rose-water, and the weight of sixe pence of Gum Arabique, that is cleere, boile them together to such an height, as that dropping some thereof out of a spoone, the sirup do rope and runne into the smalnesse of an haire : then put it into an earthen pipkin ; wherein place your Nutmegs, Ginger, or such like : then stop it close with a sawcer, and lute it well with clay, that no aire may enter : then keep it in a hot place three weekes, and it will candy hard.

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You must breake your pot with an hammer, for otherwise you cannot get out your candy. You may also candy Orenge or Lemmons in like sort, if you please.

34. To preserve Orenge, after the Portugall fashion.

TAKE Orenge, and coare them on the side, and lay them in water: then boil them in faire water till they be tender: shift them in the boiling, to take away their bitterneſſe; then take Sugar, and boile it to the height of ſirup as much as will cover them, & ſo put your Orenge into it, & that will make them take Sugar. If you have 24. Orenge, beate eight of them, till they come to paſte, with a pound of fine Sugar; then fill every one of the other Orenge with the ſame, and ſo boile them againe in your ſirup: then there will bee Marmelade of Orenge within your Orenge, & it wil cut like an hard egge.

35. To

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35. To candy Orenge pills.

TAKE your Orenge pills after they bee preserved; then take fine Sugar and Rose-water, and boile it to the height of *Manus Christi*: then draw thorow your Sugar; then lay them on the bottome of a sieve, and dry them in an Oven after you have drawne bread, and they will bee candied.

36. To preserve Comcumbers all the yeere.

YOU may take a gallon of faire water, and a pottle of verjuice, and a pint of bay salt, and a handfull of greene Fennell or Dill: boile it a little, and when it is cold, put it into a barrell, & then put your Cowcumbers into that pickle, and you shall keep them all the yeer.

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37. *To preserve Broom-capers all
the yeere.*

BOile a quart of verjuice, and an
handfull of bay-salt, and therein
you may keep them all the yeer.

38. *To colour sugar-plate with
seuerall colours.*

YOU may mixe Roses with your
fine searced sugar untill the co-
lour please you, and so shall you
have a faire murrey colour. Sap-
greene must bee tempered in a little
Rose-water, having some gumme
first dissolved therein, and so lay
it on with a pencill upon your paste
in apt places. With saffron you
may make a yellow colour in the
like manner, first drying and pow-
dering your saffron; and after it
hath coloured the Rose-water suf-
ficiently, by straining it thorow
fine linnen. The powder of Cina-
mon

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mon maketh a Walnut colour, and Ginger and Cinamon together, a lighter colour.

39. To make Trosses for the Sea.

First make paste of Sugar and Gum dragant mixed together, then mixe therewith a reasonable quantity of the powder of Cinamon and Ginger; and, if you please, a little Muske also, and make it up into roulees of severall fashions, gilding them here and there. In the same manner you may also convey any purgative, vomit, or other medicine into Sugar paste.

40. To make paste of Violets, Roses, Marigolds, Cowslips, or Liquorice.

Shred, or rather powder the dry leaves of your flower, putting thereunto some fine powder of Ginger and Cinamon, and a little Muske, if you please, mixe them all

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confusedly together : then dissolve some Sugar in Rose-water , and being boiled a little, put some Saffron therein, if you worke upon Marigolds ; or else you may leave out your Saffron : boile it on the fire unto a sufficient height. You must also mixe therewith the pap of a roasted apple, being first well dried in a dish over a chafing-dish of coales ; then poure it upon a trencher, being first sprinkled over with Rose-water, and with a knife worke the paste together. Then breake some Sugar-candy small, but not to powder, and with Gumme dragagant fasten it here and there to make it seeme as if it were roch candied : cut the paste into peeces of what fashion you list, with a knife first wet in Rose-water. In Liquorice paste you must leave out the pap of the Pippin, and then worke your paste into dry roules. Remember to searce the Liquorice thorow a fine searce. These roules are

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are very good against any cough
or cold.

*41. To make Marmelade of Lemmons
or Oranges.*

Take ten Lemmons or Oranges,
& boile them with halfe a dozen
Pippins, and so draw them thorow a
strainer: then take so much Sugar
as the pulp doth weigh, and boile it
as you doe Marmelade of Quinces,
and then boxe it up.

*42. How to candy Nutmegs, Ginger,
Mace, and flowers, in halfe a day,
with hard or rock candy.*

Lay your Nutmegs in steep in
Lcommon Lee, made with or-
dinary ashes, 24 houres; take them
out, and boile them in faire water
till they bee tender, and so take out
the Lee: then dry them, and make a
sirup of double refined Sugar, and
a little Rose-water, to the height
of

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of a *Manus Christi*: place this sirup in a gentle Balneo, or some small heate, putting your Nutmegs into the sirup. Note, that you must skum the sugar, as it casteth any skumme, before you put in your Nutmegs; then, having sugar-candy first bruised grossely, and searced thorow colanders of severall bignesse, take the smallest thereof, and roule your Nutmegs up and downe therein, either in a dish, or upon cleane paper: then stowe your Nutmegges in a cupboard with a chafingdish of coales, which must bee made hot of purpose, before you set them in: and when they are dry enough, dip them againe in fresh sirup, boiled to his height, as before, and roule them in the grossier sugar-candy, and then stowe them againe till they bee hard, and so the third time if you will increase their candy. Note, that you must spend all the sugar which you dissolve at one time with candying of one thing or other, therein

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therein presently. The stronger that your Lee is, the better; and the Nutmeg, Ginger, &c. would lye in steep in the Lee ten or twelve dayes, and after in the sirup of sugar in a stove or cupboard, with a chafing-dish and coales one whole weeke, and then you may candy them suddenly, as before. Flowers and fruits are done presently, without any such steeping or stoving, as before: onely they must be put into the stove after they are coated, with your powdered sugar-candy. And those flowers of fruits, as they are suddenly done, so they will not last above two or three dayes faire; and therefore onely to bee prepared for some set Banquet.

34. Casting of Sugar in party moulds of wood.

Lay your moulds in faire water three or foure houres before you

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you cast, then dry up your inward moisture with a cloth of Linnen, then boile rose-water and refined sugar together, but not to any great stiffnesse; then poure it into your moulds: let your moulds stand one houre, and then gently part or open the moulds, and take out that which you have cast. You may also worke the paste, *intenumero*, 12, 13. into these moulds, first printing or pressing gently a little of the paste into the one halfe, and after with a knife, taking away the superfluous edges, and so likewise of the other halfe: then presse both sides of the mould together, two or three times, and after take away the crest that will arise in the middest. And to make the sides to cleave together, you may touch them first over with Gumme dragagant dissolved, before you presse the sides of the mould together. Note, that you may convey Confits within, before you close the sides. You may cast off
any

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any of these mixtures or pastes in Alabaster moulds, moulded from the life.

44. *To mould off a Lemmon, Orange, Peare, Nut, &c. and after to cast it hollow within of Sugar.*

FILL a wooden platter halfe full of sand, then presse downe a Lemmon, Peare, &c. therein to the just halfe thereof: then temper some burnt Alabaster with faire water, in a stone or copper dish, of the bignesse of a great silver boule, and cast this pap into your sand, and from thence clap it upon the Lemmon, Peare, &c. pressing the pap close unto it. Then after a while take out this halfe part with the Lemmon in it, and pare it even in the insides, as neere as you can, to make it resemble the just halfe of your Lemmon, then make 2. or 3. little holes in the halfe (viz. in the edges therof) laying it downe in the sand again, and so
cast

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cast another halfe unto it, then cut off a peece of the top of both your party moulds, and cast thereto another cap in like manner as you did before. Keep these three parts bound together with tape, till you have cause to use them: and before you cast, lay them alwayes in water, and dry up the water againe, before you poure in the sugar. Colour your Lemmon with a little Saffron steeped in Rose-water. Use your Sugar in this manner: Boile refined, or rather double refined Sugar and Rose-water to his full height, *viz.* till by powring some out of a spoone, it will run at the last as fine as a haire, then taking off the cap of your mould, poure the same therein, filling up the mould above the hole, and presently clap on the cap, and presse it downe upon the Sugar; then swing it up and downe in your hand, turning it round, and bringing the neather part sometimes

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times to bee the upper part in the turning, and *è converso*. This is the manner of using an Orenge, Lemmon, or other round mould: but if it bee long, as a pigs foot will bee, being moulded, then roule it, and turne it up and downe long-ways in the aire.

45. *How to keep the dry pulp of Cherries, Prunes, Damsons, &c. all the yeere.*

YOU may take of those kinde of cherries that are sharpe in taste (*Quere* if the common blacke & red cherry will not also serve, having in the end of the decoction a little oyle of Vitrioll, or Sulphur, or some verjuice of sower grapes, or juice of Lemmons mixed therewith, to give a sufficient tartnesse:) pull off their stalks, and boile them by themselves, without the addition of any liquor, in a caldron or pipkin; and when they begin once to boile in their
ovvne

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owne juice, stirre them hard at the bottom with a spattle, lest they burn to the pans bottome. They have boiled sufficiently, when they have cast off all their skins, and that the pulp and substance of the Cherries is growne to a thicke pap: then take it from the fire, and let it coole; then divide the stones and skinnies by passing the pulp only thorow the bottome of a Strainer reversed, as they use in *Cassia fistula*; then take this pulp, and spread it thin upon glazed stones or dishes, and so let it dry in the Sunne, or else in an Oven presently after you have drawn your bread: then loose it from the stone or dish, and keep it to provoke the appetite, and to coole the stomacke, in Fevers and all other hot diseases. Prove the same in all manner of fruit. If you feare adustion in this worke, you may finish it in hote Balneo.

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*46. How to dry all manner of Plums or
Cherries in the Sunne.*

IF it be a small fruit, you must dry them whole, by laying them abroad in the hot Sunne, in stone or pewter dishes, on iron or brasie pans, turning them as you shall see cause. But if the Plumme be of any largenesse, slit each Plum on the one side, from the top to the bottome; and then lay them abroad in the Sunne: but if they be of the biggest sort, then give either Plum a slit on each side; and if the Sun doe not shine sufficiently during the practice, then dry them in an Oven that is temperately warme.

*47. How to keep Apples, Pedres,
Quinces, Wardens, &c. all
the yeere, dry.*

PAre them, take out the coare,
and slice them in thinne slices,
lay-

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laying them to dry in the Sunne in some stone or metalline dishes, or upon a high frame covered with coorse canvas, now and then turning them; and so they will keep all the year.

48. To make green Ginger upon sirup.

TAKE Ginger one pound: pare it cleane; steep it in red wine and vinegar equally mixed: let it stand so twelve dayes in a close vessell, and every day once or twice stirre it up and downe; then take of wine one gallon, & of vinegar a pottle: see the all together to the consumption of a moiety or halfe; then take a pottle of cleane clarified hony, or more, and put thereunto, and let them boile well together: then take halfe an ounce of saffron finely beaten, and put it thereto, with some sugar, if you please.

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*49. To make sucket of greene
Walnuts.*

TAKE Walnuts when they are no bigger than the largest hasell nut : pare away the uppermost green, but not too deep; then see the them in a pottle of water, till the water be sodden away : then take so much more of fresh water; and when it is sodden to the halfe, put thereto a quart of vinegar, and a pottle of clarified hony.

*50. To make conserve of Prunes
or Damsons.*

TAKE ripe Damsons : put them into scalding water : let them stand a while; then boile them over the fire till they breake: then straine out the water thorow a colander, and let them stand therein to coole : then straine the Damsons thorow the colander, taking away the stones
and

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and skinnes : then set the pulp over the fire againe, and put thereto a good quantity of red wine, and boile them well to a stiffenesse, ever stirring them up and downe ; and when they be almost sufficiently boiled, put in a convenient proportion of sugar : stirre all well together, and after put it in your gally-pots.

51. To make conserve of Strawberries.

First, see the them in water, and then cast away the water, and straine them : then boile them in white wine, and worke as before in Damsons ; or else strain them, being ripe : then boile them in wine and Sugar till they be stiffe.

52. Conserve of Prunes or Damsons made another way.

Take a pottle of Damsons : pricke them, and put them into a pot, putting

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putting thereto a pint of Rose-water or wine, and cover your pot : let them boile well : then incorporate them by stirring ; and, when they be tender, let them coole, and straine them with the liquor also : then take the pulp, and set it over the fire, and put thereto a sufficient quantity of Sugar, and boile them to their height or consistency, and put it up in gally-pots or jarre glasses.

53. How to candy Ginger, Nutmegs, or any root or flowers.

TAKE a quarter of a pound of the best refined Sugar, or Sugar-candy, which you can get : powder it : put thereto two spoonfulls of Rose-water : dip therein your Nutmegs, Ginger, roots, &c. being first sodden in faire water till they bee soft and tender : the oftner you dip them in your sirup, the thicker the candy will bee, but

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but it will bee the longer in candy-
ing: your sirup must be of such stiffe-
nesse, as that a drop thereof, being let
fall upon a pewter-dish, may con-
geale and harden, being cold. You
must make your sirup in a chafing-
dish of coales, keeping a gentle fire.
After your sirup is once at his full
height, then put them upon papers
presently into a stove, or in dishes:
continue fire some ten or twelve
dayes, till you finde the candy hard
and glistering like diamonds: you
must dip the red rose, the gilliflower,
the marigold, the borage-flower, and
all other flowers but once.

54. The Art of comfet-making, tea- ching how to cover all kindes of seeds, fruits, or spices with sugar.

First of all you must have a deep
bottomed bason of fine cleane
brasse or latten, with two eares of
iron to hang it with two severall
cords

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cords over a bason or earthen pan with hot coales.

You must also have a broad pan to put ashes in, and hot coales upon them.

You must have a cleane latten bason to melt your sugar in, or a faire brasen skillet.

You must also have a fine brasen ladle, to let run the sugar upon the seeds.

You must also have a brasen slice, to scrape away the sugar from the hanging bason if neede require.

Having all these necessary vessels and instruments, worke as followeth.

Choose the whitest, finest, and hardest sugar, and then you need not to clarifie it, but beate it only into fine powder, that it may dissolve the sooner,

But first make all your seeds very clean, and dry them in your hanging bason.

D

Take

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Take, for every two pound of Sugar, a quarter of a pound of Annis-seeds, or Coriander-seeds, and your Comfits will be great enough: and if you will make them greater, take halfe a pound more of Sugar, or one pound more, and then they will bee faire and large.

And halfe a pound of Annis-seeds with two pound of Sugar, will make fine small Comfits.

You may also take a quarter and a halfe of Annis-seeds, and three pound of Sugar, or halfe a pound of Annis-seeds, and foure pound of Sugar. Doe the like in Coriander-seeds.

Melt your Sugar in this manner: viz. Put three pounds of your powder-sugar into the Bason, and one pint of cleane running water thereunto: stirre it well with a brasen slice, untill all bee moist and well wet: then set it over the fire, without smoake or flame, and melt it well, that there bee no whole gristy

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gristy Sugar in the bottome, and let it seethe mildly, untill it will streame from the ladle like Turpentine, with a long streame, and not drop: when it is come to his decoction, let it seethe no more, but keep it upon hot embers, that it may runne from the ladle upon the seeds.

To make them speedily, let your water bee seething hot, or seething, and put powder of Sugar to them: cast on your Sugar boiling hot: have a good waime fire under the hanging bason.

Take as much water to your Sugar as will dissolve the same.

Never skim your Sugar, if it bee cleane and fine.

Put no kind of Starch or Amylum to your Sugar.

Seethe not your Sugar too long: for that will make it black, yellow, or rawny.

Move the seedes in the hanging bason as fast as you can or may;

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when the Sugar is in casting.

At the first coate put on but one halfe spoonfull with the ladle, and all to move the bason, move, stirre and rubbe the seedes with thy left hand a pretty while, for they will take Sugar the better, and dry them well after every coate.

Doe this at every coate, not onely in moving the bason, but also with the stirring of the Comfits with the left hand, and drying the same, thus doing you shall make good speed in the making: as, in every three houres you may make three pound of Comfits.

And as the Comfits doe increase in greatnesse, so you may take more Sugar in your ladle to cast on. But for plaine Comfits, let your Sugar bee of a light decoction last, and of a higher decoction first, and not too hot.

For crispe and ragged Comfits, make your sugar of a high decoction, even as high as it may runne from

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from the ladle, and let fall a foot high or more from the ladle, and the hotter you cast in your Sugar, the more ragged will your Comfits be. Also the Comfits will not take so much of the Sugar as they will upon a light decoction, and they will keep their raggednesse long. This high decoction must serue for eight or ten coates in the end of the work, and put on at every time but one spoonfull, and have a light hand with your bason, casting on but little Sugar.

A quarter of a pound of Coriander seeds, and three pound of Sugar will make great, huge, and bigge Comfits.

See that you keep your Sugar alwayes in good temper in the bason, that it burne not into lumpes or gobbets: and if your Sugar bee at any time too high boiled, put in a spoonfull or two of water, and keep it warily with the ladle, and let your fire alwaies bee without

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smoake or flame.

Some commend a ladle that hath a hole in it to let the Sugar runne thorow of a heigh: but you may make your Comfits in their perfect forme and shape, onely with a plaine ladle.

When your Comfits bee made, set your dishes with your Comfits upon papers in them, before the heate of the fire, or in the hot Sunne, or in an Oven after the bread is drawne, by the space of an houre or two, and this will make them to bee very white.

Take a quarter of a pound of Annis-seeds, and two pound of Sugar, and this proportion will make them very great: and even a like quantity take of Carroway-seed, Fennell-seed, and Coriander-seed.

Take of the finest Cinamon, and cut it into pretty small stickes, being dry, and beware you wet it not: for that deadeth the Cinamon:

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mon. : And then worke as in other comfits. Do this with Orenge rindes likewise.

Worke upon Ginger, Cloves, and Almonds, as upon other seeds.

The smaller that Annis-seed comfits be, the fairer, the harder, and so in all other.

Take the powder of Cinamon, two drammes ; of fine Muske, dissolved in a little water, one scruple : mingle these all together in the hanging Bason, and cast them upon Sugar of a good decoction. Then, with thy left hand, move it to and fro, and dry it well : doe this often, untill they bee as great as Poppy-seeds ; and give in the end three or foure coates of a light decoction, that they may bee round and plaine : and with an high decoction, you may make them crispe.

You must have a coorse searce made for the purpose with haire, or with parchment full of holes, to

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part and divide the comfits into severall sorts.

To make paste for comfits, Take fine grated bread foure ounces, fine elect Cinamon powdred halfe an ounce, of fine Ginger powder one dramme, Saffron powder, a little; white Sugar two ounces, and a few spoonfuls of Borrage-water, see the water and the Sugar together, and put to the Saffron, then first mingle the crummes of bread, and the Spices well together, dry them, put the liquor scalding hot upon the stuffe, and being hot, labour it with thy hand, and make balls or other formes thereof, dry them, and cover them as comfits.

Coriander seeds two ounces, Sugar one pound and a halfe, maketh very faire comfits.

Annis-seeds three ounces, Sugar halfe a pound, of Annis-seeds two ounces, and Sugar sixe ounces, will make faire comfits.

Every dramme of fine Cinamon will

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will take at the least a pound of sugar for biskets, and likewise of sugar or ginger powder.

Halfe an ounce of grosse Cinnamon will make almost three drams of fine powder searced, after it is well beaten.

Sugar powder one ounce will take at the least a pound of sugar to make your biskets faire.

Carrowaies will be faire at twelve coates.

Put into the Sugar a little Amylum dissolved for five or sixe of the least coates, and that will make them exceeding crispe: and if you put too much Amylum on Starch to the Comfits which you would have crispe, it will make them flat and smooth.

In any other confection of pasted Sugar, mixed with Gum dragagant, put no kinde of Amylum: beware of it, for it will make the worke clammy.

To make red comfits, see the three

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or foure ounces of brazell with a little water: take of this red water four spoonfuls; of Sugar one ounce, and boile it to his decoction: then give fixe coats, and it will be of a good colour; or else you may turne so much water with one dramme of turnsole, doing as before.

To make green Comfits, see the sugar with the juice of beets.

To make them yellow, see the saffron with sugar.

In making of comfits, alwaies when the water doth see the, then put in your Sugar-powder, and let it see the a little, untill it bee cleane dissolved, and boiled to his perfect decoction, and that the whitenesse of the colour be cleane gone: and if you let it settle, you shall see the Sugar somewhat cleere.

For biscuits, take two spoonfuls of liquor; of Sugar searced in a coorse searce one dramme; and of Sugar-powder, to bee molt and cast, one ounce. This done, will make the
biscuits

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biskets somewhat faire, and somewhat greater than Poppy-seeds.

Aliter. Take Sugar-powder foure drams; Sugar to cast, foure ounces, with liquor sufficient: lay gold or silver on your comfits.

Every dram of Sugar-powder will take an ounce of Sugar to bee cast: eight drams make one ounce. To thus much powder for biskets, take halfe a pound of Sugar to cast thereon.

Coriander-seeds a quarter of a pound, Sugar three pound; Coriander-seeds halfe a pound: Sugar three drams, will make faire comfits.

For Biskets, Annis-seeds halfe a pound; Fennell-seeds a quarter of a pound; and Sugar, two pound sufficient.

Infix or eight of the last coats put in two spoonfulls of Sugar very hot, to make them crisp.

To one pound of Sugar take nine ounces of water.

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*55. To make a cullis as white as snow,
and in the nature of gelly.*

TAke a Cocke, scald, wash and draw him clean, seethe it in white wine or Rhenish wine: scum it clean, clarifie the broth after it is strained, then take a pint of thicke and sweet creame, straine that to your clarified broth, and your broth will become exceeding faire and white: then take powdered ginger, fine white sugar & rose-water, seething your cullis when you season it, to make it take the colour the better.

56. To make wafers.

TAke a pint of flower, put into it a little creame with two yolkes of egges and a little Rose-water, with a little searced Cinamon and Sugar, worke them all together, and bake the paste upon hot Irons.

57. To

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57. To make Almond Butter.

BLanch your Almonds, and beate them as fine as you can with faire water, two or three houres, then straine them thorow a linnen cloth, boile them with Rose-water, whole Mace and Annis-seeds, till the substance be thick: spread it upon a faire cloth, dreining the whey from it, after let it hang in the same cloth some few houres, then straine it, and season it with rose-water and sugar.

*58. A white gelly of
Almonds.*

TAKE Rose-water, Gumme Dragagant. dissolved, or Isinglasse dissolved, and some Cinamon grossely beaten, see the them all together, then take a pound of Almonds, blanch and beate them fine with a little faire water, dry them in a faire cloth: and put
your

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your water aforesaid into the Almonds, seethe them together, and stirre them continually, then take them from the fire, when all is boiled to a sufficient height.

59. To make Leach.

Seethe a pint of creame, and in the seething put in some dissolved Isinglasse, stirring it till it bee very thicke, then take a handfull of blanched Almonds, beat them, and put them in a dish with your Creame, seasoning them with Sugar, and after slice it, and dish it.

*60. Sweet Cakes without either
Spice or Sugar.*

Scrape or wash your Parsneps cleane, slice them thinne, dry them upon Canvas or Net-worke frames, beat them to powder, mixing one third thereof with two thirds

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thirds of fine wheat flower : make up
you r paste into coates, and you shall
find them very sweet and delicate.

*61. Roses and Gilliflowers
kept long.*

COver a Rose that is fresh, and in
the bud, and gathered in a faire
day after the dew is ascended, with
the whites of Egges well beaten, and
presently strew thereon the fine pow-
der of searced Sugar, and put them
up in luted pots. letting the pots in
a coole place in sand or gravell : with
a fillip at any time you may shake off
this inclosure.

*62. Grapes growing all the
yeere.*

PUt a Vine stalke thorow a
Basket of earth in December,
which is likely to beare Grapes,
that

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that yeere, and when the grapes are ripe, cut off the stalke under the basket (for by this time it hath taken root) keepe the basket in a warme place, and the grapes will continue fresh and faire a long time upon the Vine.

63. *How to dry Rose leaves, or any other single flower without wrinkling.*

IF you would performe the same well in rose leaves, you must in rose time make choise of such roses as are neither in the bud, nor full blowne (for these have the smoothest leaves of all other) which you must especially cull and chuse from the rest: then take right Callis sand, wash it in some change of waters, and dry it thorowly well, either in an oven or in the sunne; and having shallow, square or long boxes of four, five, or sixe inches deep, make first an even lay of sand in the bottom, upon which

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which lay your Rose leaves, one by one (so as one of them touch o-ther) till you have covered all the sand, then strowe sand upon those leaves, till you have thinly covered them all, and then make another lay of leaves as before, and so lay upon lay, &c. Set this boxe in some warme place in a hot sunny day, (and commonly in two hot sunny dayes they will bee thorow dry) then take them out carefully with your hand without breaking. Keep these leaves in Jarre glasses, bound about with paper, neere a chimney, or stove, for feare of relenting. I finde the red Rose leafe best to be kept in this manner; also take away the stalkes of pansies, stocke-gilliflowers, or other single flowers, pricke them one by one in sand, pressing downe their leaves smooth with more sand laid evenly upon them. And thus you may have Rose leaves, and other flowers to lay about your
basons,

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basons, windowes, &c. all the winter long. Also this secret is very requisite for a good Simplifier, because he may dry the leafe of any herbe in this manner: and lay it, being dry, in his Herball, with the simple which it representeth, whereby he may easily learne to know the names of all simples which he desireth.

*64. Clusters of Grapes kept
till Easter.*

Clusters of Grapes, hanging upon lines within a close Presse, will last till Easter. If they shrinke, you may plump them up with a little warme water before you eate them. Some use to dip the ends of the stalkes first in pitch: some cut a branch off the Vine with every cluster, placing an Apple at each end of the branch, now and then renewing those Apples as they rot; and after hanging them within a Presse or Cupboard which
would

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would stand in such a roome (as I suppose) where the grapes might not freeze: for otherwise you must be forced now and then to make a gentle fire in the roome, or else the grapes will rot and perish.

65. How to keep Walnuts a long time plumpe and fresh.

MAke a lay of the dry stampings of Crabs when the verjuice is pressed from them, cover that lay with Walnuts, & upon them make another lay of stampings, and so one lay upon another till your vessell be full wherein you meane to keep them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. An excellent conceit upon the kernels of dry Walnuts.

GAther not your Walnuts before they be full ripe, keep them without

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out any art untill New-yeeres tide, then breake the shells carefully, so as you deface not the kernels: (and therefore you must take choise of such Nuts as have thin shels) whatsoever you finde to come away easily, remove it: steep these kernels in conduit water farty eight houres, then will they swell, and grow very plumpe and faire, and you may pill them easily, and present them to any friend you have for a New-yeeres gift: but being pilld, they must bee eaten within two or three houres, or else they lose their whitenesse and beauty; but unpilled they will last two or three dayes faire and fresh. This of a kind Gentlewoman, whose skill I doe highly commend, and whose case I doe greatly pity; such are the hard fortunes of the best wits and natures in our dayes.

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67. *How to keep Quinces in a most excellent manner.*

MAke choise of such as are sound, and gathered in a faire, dry and sunny day, place them in a vessell of wood, containing a firkin or thereabout, then cover them with penny ale, and so let them rest: and if the liquor carry any bad scum, after a day or two take it off: every ten or twelve daies let out your penny ale at a hole in the bottom of your vessell, stop the hole, and fill it up againe with fresh penny ale: you may have as much for two pence at a time as will serve for this purpose. These Quinces being baked at Whitfontide, did taste more daintily than any of those which are kept in our usuall decoctions or pickles.

Also if you take white wine Lees that are neat (but then I feare you must get them of the Merchant, for your Tavernes do hardly afford any)
you

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you may keep your Quinces in them very faire and fresh all the yeere, and therein you may also keep your Barbaries both full and faire coloured.

68. Keeping of Pomegranats.

MAke choise of such Pomgranats as are sound, and not prickt, as they terme it, lap them over thinly with waxe, hang them upon nailes, where they may touch nothing, in some cupboard or closet in your bed-chamber, where you keep a continuall fire, and every three or foure daies turne the under sides uppermost: and therefore you must so hang them in packthreed, that they may have a bow knot at either end. This way Pomegranats have been fresh till Whitson tide.

69. Preserving of Artichokes.

CUt off the stalkes of your Artichokes within two inches of the Apple;

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Apple ; and of all the rest of the stalkes make a strong decoction, slicing them into thin and small pieces, and keep them in this decoction : when you spend them, you must lay them first in warme water, and then in cold, to take away the bitterneſſe of them. This of *M. Parsons*, that honest and painfull practicer in his profession.

In a milde & warm winter, about a moneth or three weekes before Christmas, I caused great store of Artichokes to bee gathered with their stalkes in their full length as they grew : and, making first a good thick lay of Artichoke leaves in the bottom of a great and large vessell, I placed my Artichokes one upon another, as close as I could couch them, covering them over of a pretty thicknesſe with Artichoke leaves : those Artichokes were served in at my Table all the Lent after, the apples being red and sound, onely the tops of the leaves a little vaded,

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vaded, which I did cut away.

70. *Fruit preserved in pitch.*

DWayberries, that doe somewhat resemble blacke Cherries, called in Latine by the name of *Solanum lethale*; being dipped in molten pitch, being almost cold, and before it congeale and harden againe, and so hung up by their stalkes, will last a whole yeere. *Probat. per M. Parsons* the Apothecary. Prove what other fruits will also bee preserved in this manner.

71. *To make Clove or Cinamon Sugar.*

LAy pieces of sugar in close boxes amongst stickes of Cinamon, Cloves, &c. and in short time it will purchase both the taste and sent of the spice. *Probat. in Cloves.*

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72. Hasell Nuts kept long.

A Man of great yeeres and experience assured me, that Nuts may be kept a long time with full kernels, by burying them in earthen pots well stopt a foot or two in the ground: they keep best in gravelly or sandy places. But these Nuts I am sure will yeeld no oyle as other Nuts will, that waxe dry in the shels with long keeping.

73. Chesnuts kept all the yeere.

After the bread is drawn, disperse your Nuts thinly over the bottom of the Oven, and by this means the moisture being dried up, the Nuts will last all the yeere: if at any time you perceive them to relent, put them into your Oven again, as before.

SECRETS IN DISTILLATION.

1. *How to make true spirit of Wine.*



Ake the finest paper
you can get, or else
some Virgin-parch-
ment; straine it very
right & stiffe over the
glasse body, wherein
you put your Sacke, Malmſie or Muſ-
kadine; oyle the paper or Virgin-
parchment with a pencill, moistened
in the oyle of Ben, & distill it in Bal-
neo with a gentle fire, and by this
meanes you shall purchase onely the
true spirit of Wine. You shall not
have above two or three ounces at
the most out of a gallon of Wine,
which ascendeth in the forme of a
cloud,

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cloud, without any dew or veines in the helme: lute all the joynts well in this distillation. This spirit will vanish in the aire, if the glass stand open.

2. How to make the ordinary spirit of wine, that is sold for five shillings and a noble a pint.

Put Sacke, Malmesie, or Muscadine into a glasse body, leaving one third or more of your glasse empty, set it in balneo, or in a pan of ashes, keeping a soft and gentle fire: draw no longer than till all or most part will burne away, which you may prove now and then, by setting a spoonfull thereof on fire with a paper, as it droppeth from the nose or pipe of the helme: & if your spirit thus drawn hath any phlegme therein, then rectifie or re-distill that spirit againe in a lesser body, or in a bolt receiver in stead of another body, luting a small head on the top of the

Secrets in Distillation.

steale thereof, and so you shall have a very strong spirit: or else for more expedition, distill five or six gallons of wine by Limbeck; and that spirit which ascendeth afterward, re-distill in glasse, as before.

3. Spirits of Spices.

Distill with a gentle heat, either in Balneo, or athes, the strong and sweet water, wherewith you have drawne oyle of Cloves, Mace, Nutmegs, Juniper, Rosemary, &c. after it hath stood one moneth close stopt, and so you shall purchase a most delicate spirit of each of the said aromaticall bodies.

4. Spirit of wine, tasting of what vegetables you please.

Macerate Rosemary, Sage,
sweet Fennell-seeds, Marjo-
ram, Lemmon, or Orange pils, &c.
in

Secrets in Distillation.

in spirit of wine a day or two, & then distill it over againe, unlessie you had rather have it in his proper colour: for so you shall have it upon the first infusion without any farther distillation: and some young Alchimists do hold these for the true spirits of vegetables.

5. *How to make the water, which is usually called Balme-water.*

TO every gallon of Claret wine, put one pound of greene balme. Keep that which commeth first, and is cleereſt, by it selfe: and the second and whiter sort, which is weakeſt & commeth last, by it selfe: distill in a pewter-Limbecke luted with paste to a brasſe pot. Draw this in May or June, when the herb is in his prime.

6. *Rosa-solis.*

TAKE of the herbe Rosa-solis, gathered in July, one gallon,
E 3 picke

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picke out all the blacke moats from the leaves ; Dates, halfe a pound ; Cinamon, Ginger, Cloves, of each one ounce ; grains, halfe an ounce ; fine Sugar, a pound and a halfe ; red Rose-leaves, greene or dried, foure handfuls : steep all these in a gallon of good *Aqua composita*, in a glasse close stopped with waxe, during twenty dayes : shake it well together once every two dayes. Your Sugar must be powdred, your spices bruised onely, or grossely beaten ; your Dates cut in long slices, the stones taken away. If you adde two or three graines of Amber-greece, and as much Muske in your glasse, among the rest of the ingredients, it will have a pleasant smell. Some adde the Gum Amber, with Corall and Pearle finely powdred, and fine leafe-gold. Some use to boile Ferdinando-bucke in Rose-water, till they have purchased a faire, deep crimson colour : and when the same is cold, they colour their Rosa-solis and

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and *Aqua Rubea* therewith.

7. Aqua Rubea.

TAke of Musk fixe graines: of Cinnamon and Ginger, of each one ounce; white sugar-candy, one pound: powder the Sugar, and bruise the Spices grossly: bind them up in a cleane linnen cloth, and put them to infuse in a gallon of *Aqua composita*, in a glasse close stopt twenty foure hours, shaking them together divers times: then put thereto of Turnesole one dramme: suffer it to stand one houre, and then shake all together: then, if the colour like you after it is settled, poure the cleereſt forth into another glasse: but if you will have it deeper coloured, suffer it to worke longer upon the Turnsole.

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8. *Doctor Steven's Aqua
composita.*

TAKE a gallon of Gascion wine, of
Ginger, Galingale, Cinamon,
Nutmegs and graines, Annis-seeds,
Fennel-seeds, and Carroway-seeds, of
each a dram; of Sage, Mints, red Ro-
ses, Thyme, Pellitory, Rosemary, wild
Thyme, Camomil, Lavender, of each
a handfull: bray the spices small, and
bruise the herbs, letting them mace-
rate twelve houres, stirring it now &
then, then distill by a Limbecke of
pewter, keeping the first cleere water
that commeth, by it selfe, and so like-
wise the second. You shal draw much
about a pint of the beteer sort from
every gallon of wine.

9. *usque-bath, or Irish
Aqua vite.*

TO every gallon of good *Aqua
composita*, put two ounces of
chosen

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chosen Liquorice bruised, and cut into small peeces, but first cleansed from all his filth, and two ounces of Annis-seeds that are clean and bruised: let them macerate five or six dayes in a wooden vessell, stopping the same close, and then draw off as much as will run cleere, dissolving in that cleere *Aqua vitæ* five or six spoonfuls of the best Malastioes you can get (Spanish Cute, if you can get it, is thought better than Malastioes) then put this into another vessell; and after three or foure dayes (the more the better) when the liquor hath fined it selfe, you may use the same: some adde Dates and Raifins of the Sunne to this receipt; those grounds which remaine you may redistill, and make more *Aqua composita* of them, and of that *Aqua composita* you may make more Usque-bath.

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10. Cinamon-water.

HAVING a Copper body or Brassie
pot that will hold twelve gal-
lons, you may well make two or three
gallons of Cinamon-water at once.
Put into your body over-night six
gallons of conduit-water, and two
gallons of spirit of wine, or, to save
charge, two gallons of spirit drawne
from wine lees, Ale, or low Wine, six
pound of the best and largest Cina-
mon you can get, or else eight pound
of the second sort well bruised, but
not beaten into powder: lute your
Limbecke, and begin with a good
fire of wood and coales, till the ves-
sell begin to distill; then moderate
your fire, so as your pipe may drop a-
pace, and runne trickling into the Re-
ceiver, but blow not at any time. It
helpeth much herein to keep the wa-
ter in the Bucket not too hot, by of-
ten

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ten change thereof: it must never be so hot, but that you may well endure your finger therein. Then divide into quart glasses the spirit which first ascendeth, and wherein you finde either no taste, or very small taste of the Cinamon, then may you boldly, after the spirit once beginneth to come strong of the Cinamon, draw untill you have gotten at the least a gallon in the Receiver, and then divide often by halfe pintes, and quarters of pints, lest you draw too long: which you shall know by the faint taste and milky colour, which distilleth to the end: this you must now and then taste in a spoone. Now when you have drawne so much as you finde good, you may adde thereunto so much of your spirit that came before your Cinamon-water, as the same will well beare, which you must finde by your taste. But if your spirit and your Cinamon bee both good, you may of the
aforesaid

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aforesaid proportion will make up two gallons, or two gallons and a quart of good Cinamon-water. Here note, that it is not amisse to observe which glasse was first filled with the spirit that ascended, and so of the second, third, and fourth: and when you mixe, begin with the last glasse first, and so with the next, because those have more taste of the cinamon than that which came first; and therefore more fit to bee mixed with your Cinamon-water. And if you meane to make but eight or nine pints at once, then begin but with the halfe of this proportion. Also that spirit which remaineth unmixed, doth serve to make Cinamon-water the second time. This way I have often proved, and found most excellent: take heed that your Limbeck be cleane, and have no manner of sent in it, but of Wine or Cinamon, and so likewise of the glasse, funnels, and pots which you shall use about this worke.

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11. *How to distill Ifop, Thyme, Lavender, Rosemary, &c. after a new and excellent manner.*

HAVING a large pot, containing twelve or fourteen gallons, with a Limbecke to it, or else a copper body, with a serpentine of twenty, or twenty foure gallons, and a copper head, being such a vessell as is commonly used in the drawing of *Aqua vite*, fill two parts thereof with faire water, and one other third part with such herbes as you would distill; the herbes being either moist or dry, skilleth not greatly whether: let the herbes mace- rate all night, and in the morning begin your fire, then distill as be- fore in Cinamon-water, being carefull to give change of waters to your colour alwayes as it needeth: draw no longer than you seele a strong and sensible taste of
the

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the herbe which you distill, alwaies dividing the stronger from the weaker, and by this means you shall purchase a water farre excelling any that is drawne by a common pewter Still: you may also gather the oyle of each herbe, which you shall finde floating on the top or summity of your water. This course agreeth best with such herbes as are not in taste, and will yeeld their oyle by distillation.

12. How to make the salt of Herbes.

Burne whole bundles of dried Rosemary, Sage, Isop, &c. in a cleane Oven, and when you have gathered good store of the ashes of the herbe, infuse warme water upon them, making a strong and sharpe Lee of those ashes, then evaporate that Lee, and the residue or settling which you finde in the bottom thereof, is the salt which you seeke for. Some use to filter this Lee
divers

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divers times before evaporation, that their salt may be the cleerer & more transparent. This salt, according to the nature of the herbe, hath great effects in phylicke.

13. Spirit of Honey.

PUt one part of Hony to five parts of water: when the water boileth, dissolve your Hony therein, scumme it, and having sodden an houre or two, put it into a wooden vessell, and when it is but bloud-warme, set it on work with yeast after the usuall manner of Beere and Ale: tunne it, and when it hath lyen some time, it will yeeld his spirit by distillation, as Wine, Beere, and Ale will doe.

14. To distill Rose-water at Michaelmas, and to have as good yeeld as at any other time of the yeere.

IN the pulling of your Roses, first divide all the blasted leaves, then take

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take the other fresh leaves, and lay them abroad upon your table or windowes, with some cleane linnen under them, let them lye three or foure houres, or if they bee dewy untill the dew bee fully vanished: put these Rose-leaves in great stone pottes, having narrow mouthes, and well leaded within, (such as the Goldfiners call their hookers, and serve to receive their *Aqua fortis*, bee the best of all others that I know) and when they are well filled, stop their mouthes with good cokes, either covered all over with waxe or molten brimstone, and then set your pot in some coole place, and they will keep a long time good, and you may distill them at your best leisure. This way you may distill Rose-water good cheape. If you buy store of Roses, when you find a glut of them in the Market, wherby they are sold for seven pence or eight pence the bushell: you then engrosse

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engrosse the flower. And some hold opinion, that if in the midst of these leaves you put some broken leaven, and after fill up the pot with Rose-leaves to the top, that so in your distillation of them you shall have a perfect Rose-vinegar, without the addition of any common vinegar. I have knowne Rose-leaves kept well in Rondlets that have bin first well seasoned with some hot liquor and Rose-leaves boiled together, and the same pitched over on the out-side, so as no aire might penetrate or pierce the vessell.

15. A speedy distillation of Rose-water.

STampe the leaves, and first distill the juice, being expressed, and after distill the leaves, and so you shall dispatch more with one Still, than others doe with three or foure

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foure Stils. And this water is every way as medicinable as the other, serving in all sirups, decoctions, &c. sufficiently, but not altogether so pleasing in smell.

16. *How to distill Wine-vinegar, or good Aligar, that may bee both cleere and sharp.*

I Know it is an usuall manner among the Novices of our time, to put a quart or two of good Vinegar into an ordinary leaden Still, and so to distill it as they doe all other waters. But this way I utterly dislike, both for that here is no separation made at all, and also because I feare, that the Vinegar doth carry an ill touch with it, either from the leaden bottome, or pewter head, or both. And therefore I could wish rather, that the same were distilled in a large body of glasse, with a head or receiver, the same being placed in sand or ashes.

Note,

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Note, that the best part of the Vinegar is the middle part that ariseth ; for, the first is faine & phlegmatick ; and the last will taste of aduskion, because it groweth heaue toward the latter end, & must be urged up with a great fire : and therefore you must now and then taste of that which commeth both in the beginning, and towards the latter end, that you may receive the best by it selfe.

17. How to draw the true spirit of Roses, and so of all other herbes and flowers.

Macerate the Rose in his owne juice, adding thereto, being temperately warme, a convenient proportion either of yeast or ferment : leave them a few dayes in fermentation, till they have gotten a strong and heady smell, beginning to incline toward Vinegar : then distill them in balneo in glass-bodies luted to their helmes (happely a Limbecke

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beck will doe better, and tid faster) and draw so long as you finde any sent of the Rose to come: then re-distill or rectifie the same so often till you have purchased a perfect spirit of the Rose. You may also ferment the juice of Roses onely, and after distill the same.

18. An excellent Rose-water.

UPon the top of your glasse body, straine a haire cloth, and upon that lay good store of Rose-leaves, either dry, or halfe dry; and so your water will ascend very good both in smell and in colour. Distill either in Balneo, or in a gentle fire in ashes: you may re-iterate the same water upon fresh leaves. This may also bee done in a leaden Still; over which, by reason of the breadth, you may place more leaves.

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19. *An excellent way to make the extract of all Vegetables.*

EXpresse a good quantity of the juice thereof, set it on the fire, and give it onely a walme or two, then it will grow cleere: before it be cooled, poure away the cleered filter with a peece of cotten, and then evaporate your filtred juice, till it come to a thick substance: and thus you shall have a most excellent extract of the Rose, Gilliflower, &c. with the perfect sent and taste of the flower; whereas the common way is to make the extract either by the spirit of wine, faire water, the water of the plant, or some kind of menstruum.

20. *To make a water smelling of the Eglantine, Gilliflowers, &c.*

DRy the herbe or flower, and distill the same in faire water
in

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in a Limbecke, draw no longer than you finde sent in the water that issueth, re-iterate that water upon fresh herbes, and distill as before, dividing the sweetest from the rest.

21. A Scottish hand-water.

PUt Tyme, Lavender, and Rosemary confusedly together, then make a lay of thicke wine Lees in the bottom of a stone pot, upon which make another lay of the said herbes, & then a lay of Lees, and so forward: lute the pot well, bury it in the ground for six weeks; distill it, & it is called Dames-water in Scotland. A little thereof put into a bason of common water, maketh very sweet washing water.

22. How to draw the bloud of herbs.

STampe the herb, put the same into a large glasse, leaving two parts empty (some commend the juice of the herbe onely) nip or else lute the glasse

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glassc very well : digest it in Balneo
15. or 16. daies, and you shall find the
same very red: divide the watriish part;
and that which remaineth, is the
bloud or essence of the herb.

23. *Rose-water, and yet the Rose-
leaves not discoloured.*

YOU must distill in balneo, & when
the bottom of your pewter Still is
thorow hot, put in a few leaves at
once, & distill them: watch your Still
carefully; and, as soon as those are di-
stilled, put in more. I know not whe-
ther your profit will requite your la-
bour, yet accept of it as a new con-
clusion.

24. *How to recover Rose-water, or a-
ny other distilled water that hath
gotten a mother, and is in
danger to be musty.*

INfuse your water upon fresh Rose-
leaves, or upon Rose-cakes broken
all

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all in peeces, and then, after maceration for three or foure houres with a gentle fire, re-distill your water. Do this in a Limbeck, take heed of drawing too long for burning, unless your Limbeck stand in balneo.

25. *To draw both good Rose-water, and oyle of Roses together.*

AFter you have digested your Rose-leaves by the space of three moneths, *sicut ante, num. 13.* either in barrells or hookers, then distill them with faire water in a Limbeck: draw so long as you can find any excellent smell of the Rose, then divide the fatty oyle that flecteth on the top of the Rose-water, and so you have both excellent oyle of Roses, and also good Rose-water together, and you shall also have more water than by the ordinary way,

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way: and this Rose-water extendeth farther in physicall compositions, and the other serveth best for perfumes and casting bottles. You may also distill the oyle of *Lignum Rhodium* this way, saving that you shall not need to macerate the same above foure and twenty houres in your water or menstruum before you distill: this oyle hath a most pleasing smell, in a manner equall with the oyle of Roses.

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COOKERY AND HUSWIFERY.

1. *To soufe a young Pigge.*



Ake a young Pigge, being scalded: boile it in faire water & white wine: put thereto some Bay-leaves, some whole Ginger, some Nutmegs quartered, and a few whole Cloves: boile it thorowly, and leave it in the same broth in an earthen pot.

2. *Aliter.*

TAke a Pigge, being scalded: collar him up like Brawne, and lap your collars in faire clothes: when the flesh is boiled tender, take it out, and put

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put it in cold water and salt, and that will make the skinne white: make sowing drinke for it, with a quart of white wine, and a pottle of the same broth.

3. To boile a Flounder or Pickrell of the French fashion.

TAKE a pint of white wine, the tops of young Thyme and Rosemary, a little whole Mace, a little whole Pepper, seasoned with Verjuice, Salt, and a peece of sweet Butter, and so serve it: this broth will serve to boile fish twice or thrice in.

4. To boile Sparrowes or Larkes.

TAKE two ladles full of Mutton broth, a little whole Mace: put into it a peece of sweet Butter, a handfull of Parsley, being picked: season it with Sugar, Verjuice, and a little Pepper.

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5. To boile a Capon in white Broth.

BOile your Capon by it selfe in faire water : then take a ladle full or two of Mutton-broth, and a little white Wine, a little whole Mace, a bundle of sweet herbes, a little Marrow : thicken it with Almonds, season it with sugar & a little verjuice : boile a few Currans by themselves, and a Date quartered, lest you discolor your broth, and put it on the breast of your Capon, Chicken, or Rabbet : if you have no Almonds, thicken it with creame, or with yolks of egges, garnish your dishes on the sides with a Lemmon sliced, and Sugar.

6. To boile a Mallard, Teale, or Wygen.

TAke Mutton-broth, and put it into a pipkin : put into the belly

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belly of the Fowle a few sweet herbs, and a little Mace: stick halfe a dozen of Cloves in his breast: thicken it with a toste of bread steeped in Verjuice: season it with a little Pepper, and a little Sugar; also one Onion minced small is very good in the broth of any water-Fowle.

7. To boile a legge of Mutton after the French fashion.

TAKE all the flesh out of your Leg of Mutton, or at the but end, preserving the skinne whole, and mince it small with Oxe-suet and marrow: then take grated bread, sweet Creame, and yolkes of Egges, and a few sweet herbes: put unto it Currans and Raisins of the Sunne: season it with Nutmegs, Mace, Pepper, and a little Sugar, and so put it into the Leg of Mutton again, where you tooke it out, and stew it in a pot with a marrow-bone or two: serve

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in the marrow-bones with the stewed broth and fruit, and serve in your Legge of Mutton dry with Carret roots sliced, and cast grosse Pepper upon the roots.

8. To boile Pigs-petitoes on the French fashion.

BOile them and slice them, being first rouled in a little batter, your batter being made with the yolke of an egge, two spoonfuls of sweet creame, and one spoonfull of flower: make sawce for it with Nutmeg, Vinegar, and Sugar.

9. To boile Pigeons with Rice.

BOile them in Mutton-broth, putting sweet herbs in their bellies: then take a little Rice, and boile it in Creame, with a little whole Mace: season it with Sugar: lay it thicke on their breasts, wringing also the juice of
of

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of a Lemmon upon them, and so serve them.

10. *To boile a chine of Veale or
Cbicken in sharpe broth
with herbs.*

TAKE a little Mutton-broth, white wine and verjuice, and a little whole Mace: then take Lettuce, Spinage, and Parsley, and bruise it, and put it into your broth, seasoning it with Verjuice, Pepper, and a little Sugar, and so serve it.

11. *To make Beaumanger.*

TAKE the Brawne of a Capon, tose it like wooll; then boile it in sweet cream, with the whites of two egges: and being well boiled, hang it in a cloth, and let the whey runne from it: then grinde it in an Alabaſter mortar with a wooden peſtell; then draw it thorough a thinne ſtrainer

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with the yolkes of two egges and a little rose-water: then set it on a chafing-dish with coales, mixing foure ounces of sugar with it; and when it is cold, dish it up like almond-butter, and so serve it.

12. To make a Polonian Sawfedge.

TAKE the fillets of a Hogge: chop them very small with a handfull of red Sage: season it hot with Ginger and Pepper, and then put it into a great sheep's gut: then let it lye three nights in brine: then boile it, and hang it up in a chimney where fire is usually kept: and these Sawfedges will last a whole yeere. They are good for sallads, or to garnish boiled meats, or to make one rellish a cup of wine.

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13. To make tender and delicate Brawne.

PUt collars of Brawn in kettles of water, or other apt vessels, into an Oven, heated as you would for houthold bread: cover the vessels, and so leave them as long in the Oven, as you would doe a batch of bread. A late experience amongst Gentlewomen, far excellling the old manner of boiling Brawne in great and huge kettles. *Quere*, if putting your liquor hot into the vessels, and the Brawn a little boiled first, by this meanes you shall not give great expedition to your worke.

14. Pastle made of Fish.

INcorporate the body of salt fish, Stock-fish, Ling, or any fresh fish that is not full of bones, with crums of bread, flower, I singlasse, &c.

F 5

and

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and with proper Spices agreeing with the nature of every severall fish; and of that paste, mould off the shapes and formes of little fishes; as, of the Roch, Dace, Perch, &c. and so by Art you may make many little fishes out of one great and naturall fish.

15. *How to barrell up Oysters so as they shall last for sixe moneths sweet and good, and in their naturall taste.*

OPen your Oysters: take the liquor of them, and mixe a reasonable proportion of the best white wine Vinegar you can get, a little Salt, and some Pepper: barrell the fish up in small caske, covering all the Oysters in this pickle, and they will last a long time. This is an excellent meanes to convey Oysters unto dry townes, or to carry them in long voyages.

16. *How*

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16. *How to keep fresh Salmon a whole month in his perfect taste, and delicacy.*

First see the your Salmon according to the usuall manner : then sinke it in apt and close vessels in wine-vinegar, with a branch of Rose-mary therein. By this meanes, Vintners and Cookes may make profit thereof when it is scarce in the Markets : and Salmon, thus prepared, may bee profitably brought out of Ireland, and sold in London, or else-where.

17 *Fish kept long, and yet to eate short and delicately.*

FRy your fish in oyle : some commend rape oyle ; & some, the sweetest Civill oyle that you can get : for the fish wil not taste at all of the oyle, because

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because it hath a watrish body, and oyle and water make no true unity: then put your fish in white wine vinegar, and so you may keep it for the use of your Table any reasonable time.

*18. How to keep roasted Beefe
a long time sweet and
wholsome.*

THisis also done in Wine-vinegar, your peeces being not over great, and well and close barrellled up. This secret was fully proved in that honourable voyage unto Cales.

*19. How to keep powdered Beefe
five or sixe weekes after it is
sodden, without any
charge.*

WHen your Beefe hath been well and thoroughly powdered by ten or twelve dayes space, then seethe it thoroughly, dry it with a cloth, and

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and wrap it in dry clothes, placing the same in close vessels and cupboards, and it will keep sweet and sound two or three moneths, as I am credibly informed from the experience of a kinde and loving friend.

20. *A concept of the Authors, how Beefe may bee carried at the Sea without that strong and violent impression of salt, which is usually purchased by long and extreme powdering.*

HERE with the good leave and favour of those courteous Gentlewomen, for whom I did principally, if not onely, intend this little Treatise; I will make bold to lanch a little from the shoare, and try what may bee done in the vast and wide Ocean, and in long and dangerous voyages, for the better preservation of such usuall victuals, as for want of this skill
doe

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doe oftentimes meerly perisha, or else by the extreme piercing of the Salt, do lose even their nutritive strength and vertue : and if any future experience do happen to controule my present conceipt, let this excuse a Scholar, *quod in magnis est voluisse satis*. But now to our purpose : Let all the bloud be first well gotten out of the Beefe, by leaving the same some nine or ten dayes in our usuall brine : then barrell up all the pieces in vessels full of holes, fastening them with ropes at the sterne of the ship, and so dragging them thorow the salt sea water (which, by his infinite change and succession of water, will suffer no putrefaction, as I suppose :) you may happely finde your Beefe both sweet & siveury enough, when you come to spend the same. And if this happen to fall out true upon some tryall thereof had, then either at my next impression, or when I shall be urged thereunto upon any necessity of service, I hope
to

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to discover the meanes also whereby every ship may carry sufficient store of victuall for her selfe in more close and convenient carriages than those loose vessels are able to performe. But if I may bee allowed to carry either roasted or sodden flesh to the sea, then I dare adventure my poore credit therein, to preserve, for six whole moneths together, either Beeffe, Mutton, Capons, Rabbits, &c. both in a cheap manner, and as fresh as we doe now usually eate them at our tables. And this I hold to be a most singular and necessary Secret for all our English Navie; which at all times, upon reasonable termes, I will bee ready to disclose for the good of my country.

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21. *How to make sundry sorts of most dainty butter, having a lively taste of Sage, Cinamon, Nutmegs, Mace, &c.*

THIS is done by mixing a few drops of the extracted oyle of Sage, Cinamon, Nutmegs, Mace, &c. in the making up of your Butter: for Oyle and Butter will incorporate and agree very kindly and naturally together. And how to make the said oyles, with all necessary vessels, instruments, & other circumstances, by a most plain & familiar description: see my Jewell-house of Art and Nature, under the title of Distillation.

22. *How to make a larger and daintier Cheese of the same proportion of milke than is commonly used or knowne by any of our best Dairy-women at this day.*

HAVING brought your Milke into Curds by ordinary renet, either
breake

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breake them with your hands, according to the usuall manner of other Cheeses, and after, with a fleeting dish, take away as much of the whey as you can ; or else put the Curds, without breaking, into your moat : let them so repose one houre, or two, or three ; and then, to a Cheese of two gallons of milke, adde a weight of ten or twelve pound : which weight must rest upon a cover that is fit with the moat or case ; wherein it must truely descend by degrees as you increase your weight, or as the Curds doe sinke and settle. Let your Curds remaine so all that day and night following, untill the next morning : and then turne your Cheese or Curds, and place your weight againe thereon, adding from time to time, some more weight, as you shall see cause. Note, that you must lay a cloth both under and over your Curds at the least, if you will
not

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not wrap them all over, as they doe in other Cheeses, changing your cloth at every turning. Also if you will worke in any ordinary moat, you must place a round and broad hoope upon the moat, being just of the selfe same bignesse or circumference, or else you shall make a very thinne Cheese. Turne these Cheeses every morning and evening, or as often as you shall see cause, till the whey bee all runne out; and then proceed as in ordinary Cheeses. Note, that these moates would bee full of holes, both in the sides and bottome, that the whey may have the speedier passage. You may also make them in square boxes full of holes, or else you may devise moates or cases, either round or square of fine wicker; which, having wicker covers, may by some flight bee so stayed, as that you shall need onely morning and evening to
turne

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turne the wrong side upward, both the bottomes being made loose, and so close and fitting, as they may sinke truly within the moate or mould, by reason of the weight that lyeth thereon. Note, that in other Cheeses the cover of the moate shutteth over the moate : but in these the covers descend and fall within the moates. Also your ordinary Cheeses are more spongiuous and full of eyes than these, by reason of the violent pressing of them ; whereas these Cheeses setting gently and by degrees, doe cut as close and as firme as Marmelade. Also in those Cheeses which are pressed out after the usuall manner, the whey that commeth from them if it stand a while, will carry a creame upon it, whereby the Cheese must of necessity bee much lesse, and (as I ghesse) by a fourth part : whereas the whey that commeth from these new kinde of Cheeses

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Cheeses is like faire water in colour, and carrieth no strength with it. Note also, that if you put in your Curds unbroken, not taking away the whey that issueth in the breaking of them, that so the cheeses will yet bee so much the greater: but that is the more troublesome way, because the Curds, being tender, will hardly endure the turning, unlesse you bee very carefull. I suppose, that the Angelores in France may bee made in this manner in small baskets, and so likewise of the Parmeesan: and if your whole Cheeses consist of unflatten milke, they will bee full of butter, and eate most daintily, being taken in their time, before they bee too dry: for which purpose you may keep them, when they begin to grow dry, upon greene Ruthes or Nettles. I have robbed my wives Dairy of this secret, who hath hitherto refused all recompences that have beene offered her

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her by Gentlewomen for the same, and had I loved a Cheese my selfe so well as I like the receipt, I thinke I should not so easily have imparted the same at this time. And yet I must needs confesse, that for the better gracing of the Title, where-with I have fronted this Pamphlet, I have been willing to publish this with some other secrets of worth, for the which I have many times refused good store both of crowns & angels. And therefore let no Gentlewoman thinke this Booke too deare, at what price soever it shall bee valued upon the sale thereof: neither can I esteem the worke to be of lesse than twenty yeeres gathering.

23. Clouted Creame.

TAke your Milke, being new milked, and presently set it upon the fire from morning untill the evening,

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evening, but let it not see the : and this is called my Lady Young's clowted Creame.

24. Flesh kept sweet in Summer.

YOU may keep Veale, Mutton, or Venison in the heate of Summer nine or ten dayes good, so as it bee newly & faire killed, by hanging the same in an high and windy roome, (And therefore a plate cupboard full of holes, so as the winde may have a thorow passage, would bee placed in such a roome, to avoid the offence of Fly-blowes.) This is an approved secret, easie and cheap, and very necessary to bee knowne and practised in hot and tainting weather. Veale may be kept ten dayes in bran.

25. Mustard-Meale.

IT is usuall in Venice to sell the meale of Mustard in their Markets,

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as we doe flower and meale in England: this meale, by the addition of Vinegar, in two or three dayes becommeth exceeding good Mustard; but it would bee much stronger and finer, if the huskes and huls were first divided by searce or boulder; which may easily bee done, if you dry your seeds against the fire before you grinde them. The Dutch iron hand-mills, or an ordinary Pepper-mill, may serve for this purpose. I thought it very necessary to publish this manner of making your sawce, because our Mustard, which we buy from the Chandlers at this day, is many times made up with vile and filthy Vinegar, such as our stomacks would abhorre, if we should see it before the mixing thereof with the seeds.

26. How to avoid smoake in broyling of Bacon, Carbonado, &c.

Make little dripping pans of paper, pasting up the corners with
Starch

Cookery and Huswifery.

starch or paste: wet them a little in water (but Pope *Pius Quintus* his Cooke will have them touched over with a feather first, dipped in oyle or molten butter :) lay them on your grid-iron, & place therein your slices of Bacon, turning them as you see cause. This is a cleanly way, and avoideth all smoake. In the same manner you may also broile thinne slices of Polonian Sawfedges, or great Oysters: for so were the Popes Oysters dressed. You must bee carefull, that your fire under the Grid-iron flame not, lest you happen to burne your dripping-pans: and therfore all cole-brands are here secluded.

27. The true bottling of Beere.

VVhen your Beere is ten or twelve dayes old, whereby it is growne reasonable cleere, then

Cookery and Huswifery.

then bottle it, making your corks very fit for the bottles, and stop them close: but drinke not of this beere, till they begin to work again, and mantle, and then you shall finde the same most excellent and spritely drinke: and this is the reason why bottle-ale is both so windy and muddy, thundering and smoaking upon the opening of the bottle, because it is commonly bottled the same day that it is laid into the cellar; where-by its yeast, being an exceeding windy substance, being also drawne with the ale not yet fined, doth incorporate with the drinke, and maketh it also very windy: and this is all the Lime and Gun-powder wherewith bottle-ale hath been a long time so wrongfully charged.

28. How to help your bottles when they are musty.

Some put them in an Oven when the bread is newly drawn, closing
G up

Cookery and Huswifery.

up the Oven, and so let them rest till morning. Others content themselves with scalding them in hot liquor only till they be sweet.

29. How to breake whites of Egges speedily.

A Figge or two shred in pieces and then beaten amongst the whites of Egges, will bring them into an oyle speedily: some break them with a stibbed rod; and some, by wringing them often thorow a sponge.

30. How to keep flyes from oyle-peeeces.

A Line limed over, and strained about the crest of oyle-peeeces or pictures, will catch the Flyes, that would otherwise deface the pictures. But this Italian conceipt, both for the rarenesse and use thereof, doth please

Cookery and Huswifery.

please me above all other, *viz.* Prick a cowcumber full of barley-cornes, with the small spiring ends outward: make little holes in the cowcumber first with a wooden or bone bodkin, and after put in the grain: these, being thicke placed, will in time cover all the cowcumber, so as no man can discern what strange plant the same should be. Such cowcumbers are to be hung up in the midst of Summer roomes, to draw all the Flies unto them, which otherwise would flye upon the pictures or hangings.

31. *To keep Lobsters, Crabfishes, &c.
sweet and good for some
few dayes.*

THESE kindes of fish are noted to bee of no durability or lasting in warme weather: yet, to prolong their dayes a little, though I feare I shall raise the price of
G 2 them

Cookery and Huswifery.

them by the discovery amongst the Fishmongers (who only in respect of their speedy decay, do now and then afford a penny worth in them) if you wrap them in sweet and course rags first moistned in brine, and then bury these clothes in Callis sand, that is also kept in some coole or moist place: I know by mine owne experience, that you shall finde your labour well bestowed, and the rather, if you lay them in severall clothes, so as one do not touch the other.

32. Divers excellent kindes of Bottle-ale.

I Cannot remember, that ever I did drinke the like Sage-ale at any time, as that which is made by mingling two or three drops of the extracted oyle of Sage with a quart of Ale, the same being well brewed out of one pot into another,

Cookery and Huswifery.

ther: and this way a whole Stand of
sage ale is very speedily made. The
like is to bee done with the oyle of
Mace or Nutmegs. But if you will
make a right Gossips cup, that shall
farre exceed all the ale that ever
mother *Bunch* made in her life time,
then in the bottling up of your best
ale, tunne halfe a pint of white Ipo-
crasie that is newly made, and after
the best receipt, with a pottle of ale:
stop your bottle close, and drinke it
when it is stale. Some commend the
hanging of roasted Orenge prickt
full of Cloves in the vessell of ale,
till you finde the taste thereof suffici-
ently graced to your owne liking.

33. *How to make Worme-wood wine
very speedily, and in great
quantity.*

TAke small Rochell or Coniack
wine, put a few drops of the
G 3 extra-

Cookery and Huswifery.

extracted oyle of Wormwood therein : brew it together (as before is set downe in bottle-ale) out of one pot into another , and you shall have a more neat and wholesome wine for your body than that which is sold at the Still-yard for right Wormwood-wine.

34. Rose-water and Rose-vinegar of the colour of the Rose, and of the Cowslip, and Violet-vinegar.

IF you would make your Rose-water and Rose-vinegar of a Ruby colour , then make choice of the crimfin-velvet-coloured leaves, clipping away the whites with a paire of theeres ; and being thorow dried, put a good large handfull of them into a pint of Damaske or red Rose-water : stop your glasse well, and set it in the Sunne till you see that the leaves have lost their colour : or, for more expedition you may performe this work in balneo in a few houres ;
and

Cookery and Huswifery.

and when you take out the old leaves, you may put in fresh, till you find the colour to please you. Keep this Rose-water in glasses very well stoppt; the fuller the better. What I have said of Rose-water, the same may also bee intended of Rose-vinegar, Violet, Marigold, and Cowslip-vinegar; but the whiter Vinegar you chuse for this purpose, the colour thereof will bee the brighter: and therefore distilled Vinegar is best for this purpose, so as the same be warily distilled with a true division of parts, according to the manner expressed in this booke in the distillation of Vinegar.

35. *To keep the juice of Orenge and Lemmons all the yeere for sauce, juleps, and other purposes.*

EXpresse their juice, and passe it thorow an Ipocrasse bagge, to clarifie it from his impurities:

Cookery and Huswifery.

then fill your glasse almost to the top; cover it closely, and let it stand so till it have done boiling: then fill up your glasse with good sallet oyle, and set it in a coole closet or buttery, where no Sunne commeth: the aptest glasses for this purpose, are straight upright ones, like to our long beere-glasses, which would bee made with little round holes within two inches of the bottome, to receive apt sawcets: and so the grounds or lees would settle to the bottome, and the oyle would sink downe with the juice so closely, that all putrefaction would bee avoided: or, in stead of holes, if there were glasse pipes, it were the better and readier way, because you shall hardly fasten a sawcet well in the hole. You may also in this manner preserve many juices of herbes and flowers.

And because that profit and skill united doe grace each other, if (courtous Ladies) you will lend eares, and follow my direction, I will here furnish

Cookery and Huswifery.

furnish a great number of you (I would I could furnish you all) with the juice of the best Civill Oren- ges at an easie price. About All- hollantide, or soone after, you may buy the inward pulp of Civill O- rences, wherein the juice resteth, of the Comfit-makers for a small mat- ter, who doe onely or principally respect their rindes, to preserve and make Orengeado'es withall: this juice you may prepare and reserve as befo:e.

36. *How to purifie and give an
excellent smell and taste
unto Sallet oyle.*

PUt Sallet oyle into a vessell of wood or earth, having a hole in the bottome: to every foure quarts of water, adde one quart of oyle, and with a wooden spoone or spattle, beat them well together for a quar-

Cookery and Huswifery.

ter of an houre ; then let out the water, preventing the oyle from issuing, by stopping of the hole : repeat this worke two or three times, and at the last you shall finde your oyle well cleansed or clarified. In this manner you may also clarifie capons grease, being first melted, and working with warme water. All this is borrowed of *M Bartholomæus Scapius*, the Master Cooke of Pope *Pius Quintus* his privie Kitchen: I thinke if the last agitation were made in Rose-water, wherein also cloves or nutmegs had been macerated, that so the oyle would be yet more pleasing.

Or if you set a Jarre-glassie in balneo, full of sweet oyle, with some store of bruised cloves, and rindes of civill Oranges or Lemmons also therein, and so continue your fire for two or three houres, and then letting the cloves and rindes remain in the oyle, till both the sent and taste do please you; I think ma-

Cookery and Huswifery.

ny men, which at this day doe loath
oile (as I my self did not long since)
would be easily drawne to a suffici-
ent liking thereof.

37. *How to clarifie without any distil-
lation, both white and claret
wine-vinegar for gellies
or sauces.*

TO every fixe pints of good wine-
vinegar, put the whites of two
new-laid Egges well beaten: then
put all into a new leaden pipkin, &
cause the same to boile a little over a
gentle fire; then let it run thorow a
course gelly-bagge twice or thrice,
and it will bee very cleere, and keep
good one whole yeere.

38. *To make a most delicate white
salt for the Table.*

First; calcine or burn your white
salt: then dissolve it in cleer conduit
water:

Cookery and Huswifery.

water: let the water stand without stirring, forty eight houres: then carefully draw away all the cleer water onely: filter it, and after evaporate the filtred liquor, reserving the salt. Some leave out calcination.

39. A delicate Candle for a Ladies Table.

CAuse your Dutch Candles to bee dipped in Virgin-waxe, so as their last coate may bee meerly waxe: and by this meanes you may carry them in your hand without melting, and the sent of the tallow will not breake thorow to give offence: but if you would have them to resemble yellow waxe-candles, then first let the tallow be coloured with Turmerick boiled therein, and strained: and after your candles have been dipped therein to a sufficient greatnesse, let them take their last coat

Cookery and Huswifery.

coat from yellow waxe : this may be done in a great round Cane of tinplate, having a bottome, and being somewhat deeper than the length of your candles : and as the waxe spendeth, you may still supply it with more.

40. How to hang your Candles in the ayre without candlestickes.

THIS will make a strange shew to the beholders that know not the conceit. It is done in this manner : Let a fine Virginal wyar be conveyed in the midst of every weeke, and left of some length above the candle, to fasten the same to the posts in the rooffe of your house : and if the roome bee any thing high roofed, it will bee hardly discerned, and the flame, though it consume the tallow, yet it will not melt the wyar.

Cookery and Huswifery.

41. To make Rose-vinegar.

Macerate or steepe Rose-leaves
in faire water : let them lye
therein till they waxe sowre in
smell, and then distill
the water.

SWEET

SWEET POWDERS, OYNTMENTS, BEAUTIES,&c.

1. *An excellent Damaske-powder.*



Ou may take of yreos halfe a pound, Rose-leaves foure ounces, cloves one ounce, Lignum Rhodium two ounces, Storax one ounce & a halfe, Muske and Civet of each ten graines; beat and incorporate them well together.

2. *An excellent hand-water, or washing water, very cheap.*

TAke a gallon of faire water, one handfull of Lavender-flowers, a few Cloves, and some Orace-powder,

Sweet powders,

powder, and foure ounces of Benjamin: distill the water in an ordinary leaden Still. You may distill a second water by a new infusion of water upon the Lees: a little of this will sweeten a bason of faire water for your Table.

*3. A ball to take staines from
Linnen.*

TAKE foure ounces of white hard Sope: beat it in a mortar with two small Lemmons sliced, and as much roch Allome as an hasell Nut: roule it up in a ball: rubbe the staine therewith; and after, fetch it out with warme water, if need be.

*4. A sweet and delicate
Pomander.*

TAKE two ounces of Labdanum;
of Benjamin and Storax, one
ounce: Muske, six graines: Civet, six
graines:

Oyntments, Beauties, &c.

graines : Amber-grease, sixe graines : of Calamus Aromaticus and Lignum Aloes, of each the weight of a groat : beat all these in a hot mortar, and with an hot pestell, till they come to paste : then wet your hand with Rose-water, and roule up the paste suddenly.

5. To take staines out of ones hands presently.

YOU may doe this with the juice of Sorrell, washing the stained place therein.

6. To take away spots and freckles from the face or hands.

THe sappe that issueth out of a Birch tree in great abundance, being opened in March or Aprill, with a recciver of glasse set under the boring thereof to receive the same, doth performe the same most excel-

Sweet powders,

excellently, and maketh the skinne
very cleere. This sap will dissolve
pearle, a secret not knowne unto
many.

*7. A white fucus or beauty
for the face.*

THe jaw bones of a Hogge or Sow
well burnt, beaten, and searced
thorow a fine Searce, and after,
ground upon a porphyrie or serpen-
tine stone, is an excellent fucus, be-
ing laid on with the oyle of white
Poppy.

*8. A delicate washing
Ball.*

TAke three ounces of Orace, halfe
an ounce of Cypres, two ounces
of Calamus Aromaticus, one ounce
of Rose-leaves, two ounces of La-
vender-flowers: beat all these toge-
ther in a mortar, searcing them tho-
row a fine Searce, then scrape some
castill

Oyntments, Beauties, &c.

castill sope, and dissolve it with some Rose-water, then incorporate all your powders therewith, by labouring of them well in a mortar.

9. Damaske-powder.

TAKE five ounces of Orace, two ounces of Cypresse, two ounces of calamus, halfe an ounce of cloves, one ounce of Benjamin, one ounce of Rose-leaves, one ounce of Storax calamitum, halfe an ounce of Spike-flowers : mixe them well together.

*10. To keep the teeth both white
and sound.*

OF Honey take a quart, as much Vinegar, and half so much white wine : boile them together, and wash your teeth therewith now and then.

11. To

Sweet powders,

11. *To allay heat and cleere
the face.*

TAke three pints of conduit-water:
boile therein two ounces of
French Barley: change your water,
and put in the Barley againe: repeat
this so long, till your water purchase
no colour from the Barley, but be-
come very cleere: boile the last three
pints to a quart: then mixe halfe a
pint of white wine therin; and when
it is cold, wring the juice of two or
three good Lemmons therein; and
use the same for the Morpew, heat
of the face or hands, and to cleere
the skin.

12. *Skin kept white and
cleere.*

Wash the face and body of a
sucking childe with breast-
milke, or Cow-milke, or mixed with
water,

Oyntments, Beauties, &c.

water, every night : and the child's skin will waxe faire and cleere, and resist Sun-burning.

13. An excellent Pomatum to cleere the skinne.

W Ash Barrowes grease oftentimes in May-deaw that hath beene clarified in the Sunne, till it bee exceeding white : then take Marshmallow roots, scraping off the outsidcs : then make thinne slices of them, and mixe them : set them to macerate in a seething Balneo, and scumme it well till it be thorowly clarified, and will come to rope : then straine it, and put now and then a spoonfull of May-deaw therein, beating it till it bee thorow cold in often change of May-deaw : then throw away that deaw, and put it in a glasse, covering it with May-deaw : and so reserve it to your use. Let the Mallow roots bee two or three daies dried

Sweet powders,

dryed in the shade before you use
them. This I had of a great professor
of Art, and for a rare and dainty Se-
cret, as the best fucus this day in use.

*14. Another minerall fucus for
the face.*

INCORPORATE with a wooden pestle,
and in a wooden mortar with great
labour, foure ounces of sublimate,
and one ounce of crude Mercury, at
the least fixe or eight houres (you
cannot bestow too much labour
herein :) then, with often change of
cold water, by ablution in a glasse,
take away the salts from the subli-
mate : change your water twice eve-
ry day at the least ; and in seven or
eight dayes (the more the better) it
will be dulcified, and then it is pre-
pared. Lay it on with the oyle of
white Poppy.

Oyntments, Beauties, &c.

15. *To take away Chilblanes out
of the hands or feet.*

BOile halfe a pecke of Oates in a quart of water, till they waxe dry; then having fust anointed your hands with some good Pomatum, and well chafed them, hold them within the Oates as hot as you may well suffer them, covering the bowle wherein you put your hands, with a double cloth to keep in the steame of the Oates. Doe this three or foure times, and you shall finde the effect. The same Oats will serve to be sodden with fresh water three or foure times.

16. *To help a face that is red or
pimpled.*

Dissolve common Salt in the juice of Lemmons, and with a linnen

Sweet powders,

linnen cloth pat the patients face that is full of heate or pimples. It cureth in a few dressings.

17. Aliter.

TAKE of those little whelkes or shels which some doe call ginny money: wash five or sixe of them, and beat them to fine powder, and infuse the juice of Lemmons upon them, and it will presently boile: but if it offer to boile out of your glasse, then stop the mouth thereof with your finger, or blow into it. This will in a short time bee like an ointment, with which you must anoint the heat or pimples of the face oftentimes in a day, till you finde helpe. As the ointment dryeth, put more juice of Lemmons to it. This of an outlandish Gentlewoman, and it is an assured remedy, if the heate bee not very extreme. Some have found by experience, that bathing
of

Oyntments, Beanties, &c.

of the face with hot Vinegar every night when they goe to bed, doth mightily repell the humour.

18. *Aliter.*

Quilt bay salt well dried and powdered in double linnen sockes of a pretty bignesse; let the patient weare them in wide hose and thooes day and night, by the space of fourteen dayes, or till he be well: every morning and evening let him dry his socks by the fire, and put them on againe.

This helped *M. Foster*, an Essex man, and an Atturney of the common Pleas, within these few yeeres, but now deceased; whose face was, for many yeeres together, of an exceeding high and furious colour, of my owne knowledge, and hath spent much money in physick without any successe at all, untill hee obtained

H

this

Sweet powders,

this remedy. The patient must not take any wet of his feet during the cure.

19. Aliter & optimè.

TAKE halfe a pound of white distilled Vinegar, two new-laid Egges with their shels, two spoonfuls of the flowers of brimstone: let these macerate in the Vinegar by the space of three dayes: then take out the Egges, and prick them full of holes with a Needle, but not too deep, lest any of the yolke should happen also to issue: let that liquor also mixe with the Vinegar; then straine all thorow a fine cloth, and tye up the Brimstone in the cloth, like a little ball; dip this ball in the strained liquor when you use it, and pat it on the place three or foure times every day: and this will cure any red face in twelve or fourteen

daies.

Oyntments, Beauties, &c.

daies. Some doe also commend the same for an approved remedy against the Morpew; the brimstone ball must be kept in some close thing from the ayre.

23. How to take away any pimple from the face.

BRimstone ground with the oyle of Turpentine, and applyed unto any pimple one houre, maketh the flesh to rise spongiouse: which being annointed with the thicke oyle of Butter that ariseth in the morning from new Milke sodden a little overnight, will heale and scale away in a few dayes, leaving a faire skinne behinde. This is a good skinning salve.

Sweet powders,

21. *To help any Morphem, Sunne-burning, itch, or red face.*

STEEP two sliced Lemmons, being large and faire, in a pint of conduit water: leave them foure or five dayes in infusion, covering the water; then straine the water, and dissolve therein the quantity of a hasell Nut of sublimatē (some hold a dram a good proportion to a pint of water) finely powdred: let the patient wet a cloth therein, and rubbe the place where the griefe is, every morning and evening a little, till the hew doth please her; you may make the same stronger or weaker, according to good discretion.

22. *For the Morphem.*

TAKE a pint of distilled Vinegar; lay therein two new-laid Egges whole

Oyntments, Beauties, &c.

whole with their shels, three yellow Dock-roots, picked and sliced, two spoonfuls of the flowers of brimstone: and so let all rest three dayes, and then use this liquor, with a cloth rubbing the place three or foure times every day; and in three or foure daies it commonly helpeth: put some bran in your cloth before you moisten your cloth therein, binding it up in forme of a little ball.

This of Master *Rich of Lee*, who helped himsele and a gallant Lady therewith in a few dares.

23. To take away the freckles in the face.

WAsH your face in the wane of the Moone with a sponge, morning and evening, with the distilled water of Elder-leaves, letting the same dry into the skinne. Your water must be distilled in May. This

Sweet powders,
from a Traveller, who hath cured
himselfe thereby.

24. *To cure any extreme bruise
upon a sore fall on the face,
or any other member
of the body.*

PResently after the fall, make a
great fire, and apply hot clothes
one after another, without inter-
mission, the Patient standing neere
the fire for one houre and a halfe, or
till the swelling bee cleane abated.
This I knew proved with good
successe, in a maide that fell downe a
paire of staires, whereby all her face
was extremely disfigured. Some
hold opinion, that the same may bee
performed with clothes wet in hot
water, and then wrung out againe
before application. Then, to take
away the changeable colours which
doe accustomedly follow all bruises,
shred the root of a green or growing
flower-

Oyntments, Beanties, &c.

flower-delucc: beat it with red Rose-water, and grinde it till it come to a salve: apply the same, and in few houres it takes away all the colours; but if it lye too long, it will raise pimples: and therefore so soone as the colours be vanished, immediately remove the salve.

*25. How to keep the teeth
cleane.*

Calcine the tops and branches of Rosemary into ashes, and to one part thereof put one part of burnt Allome: mixe them well together, and with thy finger, first moistened a little with thy spittle, rubbe all thy teeth over a pretty while every morning till they bee cleane, but not to galling of thy gummes: then sup up some faire water or white wine, gargling the same up and downe thy mouth a

Sweet powders,

while, and then dry thy mouth with a towell. This of an honest Gentleman, and a painfull gatherer of physicaall receits.

26. Sweet and delicate dentifrices, or rubbers for the teeth.

Dissolve in foure ounces of warm water, three or foure drammes of Gumme Dragagant, and in one night this will become a thicke substance like gelly; mingle the same with the powder of Alabaster finely ground and searced: then make up this substance into little round rolls, of the bignesse of a childes arrow, and foure or five inches in length. Also if you temper Roset, or some other colour (that is not hurtfull) with them, they will shew full of pleasing veines. These you may sweeten either with Rose-water, Civet, or Muske. But if your teeth
be

Oyntments, Beanties, &c.

be very ically, let some expert Barber first take off the scales with his instrument, and then you may keep them cleane by rubbing them with the aforesaid roules.

And here, by those miserable experiences that I have seen in some of my neereſt friends, I am enforced to admoniſh all Gentlewomen to be carefull how they ſuffer their teeth to be cleaſed and made white with any *Aqua fortis*, which is the Barbers uſuall water: for unleſſe the ſame bee both well allayed, and carefully applyed, ſhee may happen within a few dreſſings to be forced to borrow a ranke of teeth to eate her dinner, unleſſe her gummes doe helpe her the better.

27. A delicate Stove to ſweat in.

I Know that many Gentlewomen,
as well for the clearing of their
H 5 skins

Sweet powders,

skins, as cleansing of their bodies, doe now and then delight to sweate. For the which purpose, I have set downe this manner following, as the best that ever I observed: Put into a brasie pot of some good content, such proportion of sweet herbes, and of such kinde as shall bee most appropriate for your infirmity, with some reasonable quantity of water, close the same with an apt cover, and well luted with some paste made of flower and whites of Egges: at some part of the cover you must let in a leaden pipe (the entrance whereof must also bee well luted:) this pipe must bee conveyed thorow the side of the chimney, where the pot standeth in a thicke hollow stake of a bathing tub crossed with hoopes, according to the usuall manner, in the top, which you may cover with a sheet at your pleasure. Now, the steame of the pot passing thorow the pipe under the halfe bottome of the bathing tub, which must bee bored
full

Oyntments, Beauties, &c.

full of bigge holes, will breathe so sweet and warm a vapour upon your body, as that (receiving ayre, by holding your head without the tub as you sit therein) you shall sweate most temperately, and continue the same a long time without fainting. And this is performed with a small charcole fire maintained under the pot for this purpose. Note, that the roome would bee close wherein you place your bathing tub, lest any sudden cold should happen to offend you whilst your body is made open and porous to the ayre.

*28. Divers sorts of sweet hand-
waters made suddenly or
ex tempore, with ex-
tracted oyles of
spices.*

First; you shall understand, that
whensoever you shall draw any
of

Sweet powders,

of the aforefaid Oyles of Cinamon, Cloves, Mace, Nutmegs, or fuch like, that you fhall have alfo a pottle or gallon, more or leffe, according to the quantity which you draw at once, of excellent fweet wa-thing water for your table: yea fome doe keep the fame for their broths, wherein otherwife they fhould ufe fome of the fame kinde of fpeice.

But if you take three or foure drops onely of the oyle of Cloves, Mace, or Nutmegs; (for Cinamon oyle is too coftly to fpend this way) and mingle the fame with a pint of faire water, making agitation of them a pretty while together in a glaffe, having a narrow mouth, till they have in fome meafure incorporated themfelves together, you fhall finde a very pleafing and delightfull water to wafh with, and fo you may alwayes furnifh your felf of fweete water of feuerall kindes, before fuch time as your guefts fhall
be

Oyntments, Beauties, &c.

be ready to sit down. I speak not here of the oyle of Spike (which will extend very far this way) both because every Gentlewoman doth not like so strong a sent, and for that the same is elsewhere already commended by another Author. Yet I must needs acknowledge it to bee the cheaper way, for that I assure my selfe there may be five or sixe gallons of sweete water made with one ounce of the oyle, which you may buy ordinarily for a groat at the most.

*29. An excellent sweet water for
a casting bottle.*

TAKE three drammes of oyle of Spike, one dramme of oyle of Thyme, one dram of oyle of Lemmons, one dram of oyle of Cloves, then take one graine of Civet, and three graines of the aforesaid composition well wrought together: temper them well in a silver spoone with your finger; then put the same into a silver

Sweet powders,

silver bowle, washing it out by little and little into the bowle with a little Rose-water at once, till all the oyle bee washed out of the spoone into the bowle: and then doe the like by washing the same out of the bowle with a little Rose-water at once, till all the sent bee gotten out, putting the Rose-water still in a glasse, when you have tempered the same in the bowle sufficiently. A pint of Rose-water will bee sufficient to mingle with the said proportion: and if you finde the same not strong enough of the Civet, then you may to every pint put one graine and a halfe, or two graines of Civet to the weight of three graines of the aforesaid composition of oyles.

30. *To colour a blacke haire presently into Chestnut colour.*

THIS is done with oyle of Vitriol; but you must doe it very carefully, not touching the skin.

Oyntments, Beauties, &c.

31. *A present and delicate
perfume.*

LAy two or three drops of liquid
Amber upon a glowing coale, or
a peece of Lignum Aloes, Lignum
Rhodium, or Storax.

32. *To renew the sent of a
Pomander.*

TAke one graine of Civet, and
two of Muske, or if you double
the proportion, it will bee so much
the sweeter: grinde them upon a
stone with a little Rose-water; and
after, wetting your hands with Rose-
water, you may worke the same in
your Pomander. This is a sleight to
passe away an old Pomander: but
my intencion is honest.

33. *How*

Sweet powders,

33. *How to gather and clarifie
May-dew.*

WHEN there hath fallen no raine the night before, then with a cleane and large sponge, the next morning you may gather the same from sweet herbes, grasse, or corne: straine your dew, and expose it to the Sun in glasses covered with papers or parchment prickt full of holes; straine it often, continuing it in the Sun, and in an hot place till the same grow white and cleare, which will require the best part of the Summer.

Some commend May-dew gathered from Fennell and Celandine, to bee most excellent for sore eyes: and some commend the same (prepared as before) above Rose-water for preserving of fruits, flowers, &c.

Oyntments, Beauties, &c.

34. *Divers excellent sents for Gloves,
with their proportions and other
circumstances, with the
manner of perfu-
ming.*

THe Violet, the Orenge, the
Lemmon, duely proportioned
with other sents, performe this well;
so likewise of Labdanum, Storax,
Benjamin.

The manner is this: First, lay
your Amber upon a few coales, till it
begin to crack like lime: then let it
coole of it self, taking away the coals:
then grinde the same with some yel-
low Ocre, till you perceive a right
colour for a glove: with this mixture
wash over your glove with a little
haire brush upon a smooth stone
in every seame, and all over: then
hang your gloves to dry upon a
line: then with Gumme Dragagant
dissolved in some Rose-water, and
ground with a little oile de Ben, or of
sweet

Sweet powders,

sweet Almonds upon a stone : strike over your Gloves in every place with the gumme and oyle so ground together : doe this with a little sponge, but bee sure the Gloves bee first thorowly dry, and the colour well rubbed and beaten out of the Glove: then let them hang againe till they bee dry, which will bee in short time. Then, if you will have your Glove to lie smooth & faire in shew, goe over it againe with your sponge, and the mixture of gumme and oyle, and dry the Glove yet once againe. Then grinde upon your stone two or three graines of good Muske, with halfe a spoonfull of Rose-water, and with a very little peece of a sponge take up the composition by a little and a little ; and so lay it upon your Glove, lying upon the stone. Picke and strain your Gum Dragagant before you use it. Perfume but the one side of your Glove at once, and then hang it up to dry, and then finish the other side. Ten grains of Musk will
give

Oyntments, Beauties, &c.

give a sufficient perfume to eight paire of Gloves. Note also, that this perfume is done upon a thin Lambes leather Glove; and if you work upon a Kids skin or Goats skin, which is usuall leather for rich perfumes, then you must adde more quantity of the oyle of Ben to your Gumme, and goe over the Glove twice therewith.

*35. Sweet bags to lye among
Linnen.*

Fill your bags onely with Lignum Rhodium, finely beaten, and it will give an excellent sent to your linnen.

*36. To make haire of a faire yellow
or golden colour.*

The last water that is drawne from Honey, being of a deep red colour, performeth the same excel-

Sweet powders,

excellently : but the same hath a strong smell, and therefore must be sweetned with some aromaticall body.

Or else the haire being first cleane washed, and then moistened a pretty while by a good fire in warme Allome water with a sponge, you may moisten the same in a decoction of Turmerick, Rubarb, or the Barke of the Barberry tree ; and so it will receive a most faire and beautifull colour.

The Dogberry is also an excellent berry to make a golden liquor withall for this purpose: beat your Allom to powder ; and when the water is ready to seethe , dissolve it therein : foure ounces to a pottle of water, will be sufficient: let it boile a while, straine it , and this is your Allome-liquor wherewith you must first prepare the haire.

Oyntments, Beauties, &c.

37. *How to colour the head or beard
into a Chestnut colour in halfe
an houre.*

TAKE one part of Lead calcined
with Sulphur, and one part of
quick Lime; temper them somewhat
thinne with water: lay it upon the
haire, chafing it well in, and let it dry
one quarter of an houre, or therea-
bout; then wash the same off with
faire water divers times: and lastly,
with sope and water, and it will bee
a very naturall haire-colour. The
longer it lyeth upon the haire, the
browner it groweth. This coloureth
not the flesh at all, and yet it la-
steth very long in the haire.

Sæpius expertum.

FINIS.



may 1 fee

